



# January 2024 Newsletter



Happy New Year!

## REGULAR PRACTICE

### Bronze Group:

M-F 4-5:00PM

Sat 11:30-12:30AM

### Silver Group:

M-F 4-5:30PM

Sat 10:00-11:30AM

### Gold & Gold Jr Groups:

\*M/W/F Dryland 5:15-5:30

M-F 5:30-7:30 pool time

Sat 8:00-10:00AM

### Morning swim for Gold Group or by approval

M/T/Th/F 5:45-7:00 AM



## OTHER PRACTICE SCHEDULES

### Yellow star: Saturdays of meet weekends

All Groups combined 8:00-9:30 AM

### Orange star: this is a custom practice time.

SEE THE CALENDAR FOR DETAILED PRACTICE GROUP TIMES

**BUSINESS FIRST**

**THINGS TO GET DONE:**


HERE IS HOW TO renew your **Minor Athlete Abuse Prevention Policy (MAAPP)** Acknowledgement. It's done every year. Thank you to everyone who already did this. Please fill out the following form as soon as possible - it only takes a MINUTE to fill out!  
<https://form.jotform.com/233368071946160>

As part of a USA Swimming team, you are **required** to acknowledge you have read the MAAPP every year. We understand if you are a new family with SAC Gold, you may have filled out this acknowledgement form recently, but we are asking that you please fill this out again. It is easiest for the team to track this if EVERYONE fills out the form by the end of each year. Thank you!

**NOTE: YOU CANNOT ATTEND SWIM PRACTICE OR COMPETE IN MEETS AFTER JANUARY 1ST IF YOU HAVE NOT SIGNED YOUR MAAPP Minor Athlete Abuse Prevention Policy (MAAPP) FOR THE YEAR.**

**YOU ALSO CANNOT WITHOUT A USA SWIM MEMBERSHIP AFTER JANUARY 1ST. EMAILS ARE BEING SENT TO THOSE WITHOUT MEMBERSHIPS.**

Here's your January Calendar



**Regular Practice Schedule:**

**The Bronze Group:**  
M-F 4-5PM  
Sat 11:30-12:30AM











**The Silver Group:**  
M-F 4-5:30  
Sat 10:00-11:30AM

**The Gold Group:**  
M/W/F 5:15 - 5:30 dryland  
M-F 5:30-7:30 pool time  
Sat 8:00-10:00AM

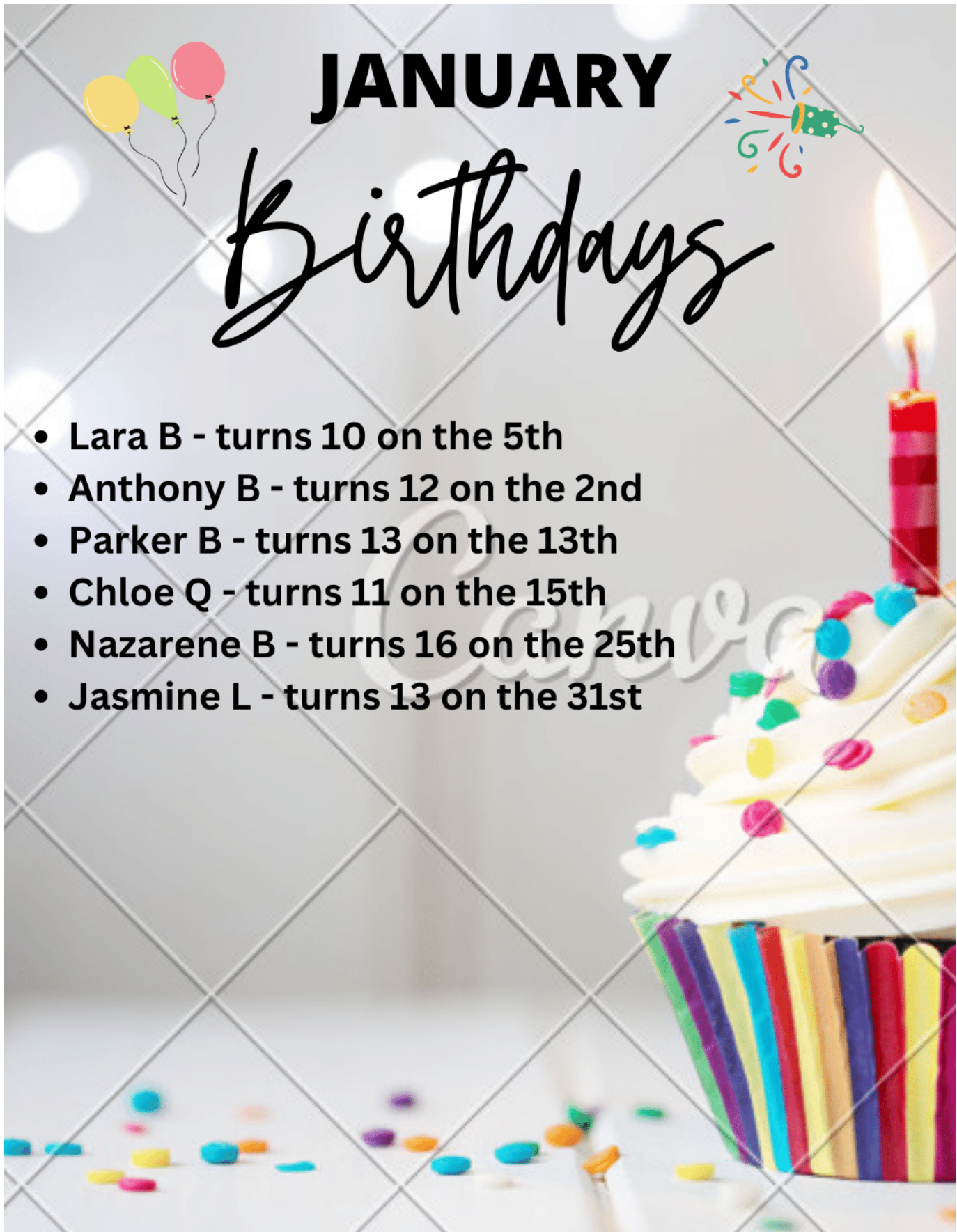
**Morning swim** for Gold Group & approved swimmers  
5:45-7:00AM on M/T/Th/F

**Saturdays of meet weekends** ★

**All Groups 8:00-9:30 AM**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  No Practice	2	3	4	5	6 Goal Setting Day
7	8	9	10	11	12	13 ★ TIGER AQUATICS SCY MEET JAN 13-14TH CORTOPASSI AQUATICS CENTER, SAINT MARY'S HIGH SCHOOL
14  →	15  Yes, Practice	16	17	18	19  WAC WINTER INDOOR CHAMPS JANUARY 19-21, 2024 WOLVERINE AQUATICS (WAC) HOOS POOL	20 ★
21  →	22  BOARD MEETING TIME 5:30	23	24	25	26  ←	27 ★ BUD MEYER MEMORIAL MEET JANUARY 26-28, 2024 SPARE TIME AQUATICS SHARKS (STAS) RIO DEL ORO RACQUET CLUB
28  →	29  Fundraiser	30	31	1	2 SNS SHORT COURSE WINTER SENIOR CHAMPIONSHIPS FEBRUARY 2-4 2024 CALIFORNIA CAPITAL AQUATICS (CCA) ROSEVILLE AQUATICS COMPLEX	3 ★
4  →	5	6	7	8	9	10

HAPPY BIRTHDAY TO ALL OF OUR JANUARY BIRTHDAY SWIMMERS!



- Lara B - turns 10 on the 5th
- Anthony B - turns 12 on the 2nd
- Parker B - turns 13 on the 13th
- Chloe Q - turns 11 on the 15th
- Nazarene B - turns 16 on the 25th
- Jasmine L - turns 13 on the 31st

Below is the upcoming meet schedule. This is subject to small changes, as the SNS schedule also changes throughout the season.

Tiger is currently open and Terry has now decided to go if you're interested!

Note: Meets are filling up quickly. We recommend you sign up for meets as soon as they come out in order to not miss out! They do post closing dates but meets often fill up and close before these dates.

SAC Gold Meet Schedule (subject to change)			
Swim Meet	Qualifiers only Team/optional trials/finals (T/F)	Distance	Date
Tiger AGO	Optional	SCY	1/13-14
WAC Indoor Winter Champs	Team	SCY	1/19-20
Bud Meyer Memorial Meet	Team	SCY	1/26-27
SNS Senior Championships	13&up Qualifiers T/F	SCY	2/2-23





# FEBRUARY



## 2024

4

### Regular Practice Schedule:

#### The Bronze Group:

M-F 4-5PM

Sat 11:30-12:30AM

#### The Silver Group:

M-F 4-5:30

Sat 10:00-11:30AM

#### The Gold Group:

M/W/F 5:15 -5:30 dryland

M-F 5:30-7:30 pool time

Sat 8:00-10:00AM

Morning swim for Gold Group &amp; approved swimmers

5:45-7:00AM on M/T/Th/F

### Saturdays of meet weekends

All Groups 8:00-9:30 AM



SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2 SNS SHORT COURSE WINTER SENIOR CHAMPIONSHIPS FEBRUARY 2-4 2024 CALIFORNIA CAPITAL AQUATICS (CCA) ROSEVILLE AQUATICS COMPLEX	3 ★
4 	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 ★ WAC LAST CHANCE MEET FEBRUARY 24-25, 2024 WOLVERINE AQUATICS (WAC)
25 	26	27	28	29 ←	1 CA/NV SECTIONALS 02/29 - 03/03 WITH QUALIFYING TIMES CARLSBAD, CA - NORTH COAST AQUATICS	2 ★
3 →	4	5	6	7	8 SNS 14 & UNDER SHORT COURSE CHAMPIONSHIPS MARCH 8-10, 2024 CALIFORNIA CAPITAL AQUATICS (CCA) ROSEVILLE AQUATICS COMPLEX	9 ★



**We want to officially say congrats to coach Terry  
for getting the head coaching position at CRC!**

**WE LOVE IT!**



## Do you need a parking pass for Feb?

Below is the link to request a pass for February. Please fill out the survey by the 15th. You will be invoiced \$20 for the pass if you choose to request one:

<https://form.jotform.com/233547980715162>

## **FUNDRAISERS:**



[Jacks Group Raise Link](#)

We need your help! Click the link/box above to sign up to attend a fundraiser at Jack's in Elk Grove on January 29th. We need 20 people to sign up before they will confirm our fundraiser there. (Don't worry - They won't actually hold you to it if you "commit" and then end up not going!)

## **Glimpses of the past month's swim meets and happenings**

THANK YOU FOR YOUR DONATIONS. THE BOYS AND GIRLS CLUB WAS VERY EXCITED TO RECIEVE THE DONATIONS FROM SAC GOLD!





**Thanks for celebrating the Holidays and showing a lot of generosity this season. We collected lots of items that we donated to the Boys and Girls Club of Sacramento. *Congrats to Joseph, Izzy and Parker for winning the lottery for donating!***









## Arizona Travel Meet





## Elk Grove Matt Casto Meet



### Joseph Pitcock

Happy Birthday and Congrats on your swims at the Matt Casto Meet in Elk Grove on Dec 2-3rd 2023. You earned yourself 4 personal bests with a giant drop in your 25 fly and 100 IM! Hope you had FUN while you were swimming on Fire!

### JACQUELINE FRICKEY

Congrats Miss Jacqueline! You participated at the Matt Casto Swim meet in Elk Grove Dec 2-3rd and you crushed it! Great swims in the 25 back 25 free and 50 yard freestyle! We LOVE having you on deck! We hope to have you back soon!



## ELLIE FRICKEY

Great Job Ellie at the Matt Casto Swim meet in Elk Grove Dec 2-3rd. You dropped 23.38 seconds in you 100 IM, 4.19 seconds in your 50 back and 6.12 seconds in your 50 Free! You were ON FIRE!



## Izzy Pham

Loved that you came out to the Matt Casto for your 25 back race! Congrats on your personal best! 27.50 Seconds That was a .45 second drop!



## Liam Mah

Happy Birthday and Congrats on your Amazing performance at the Matt Casto Meet! You earned yourself ALL first place finishes in all 8 of your events! Great job trying something new in your 200 breast. Hope you had fun you were on fire!



## **SETTING GOALS?**

We are having a goal setting day January 6th. We'll have more information/handouts for the kids to fill out coming soon. Check out the information below. Note that goals are different for everyone and don't have to be time-based but because people have been asking we wanted to give you a place to see all the time standards out there:

### TIME STANDARDS

What is an A-time??? - [USA Swimming Motivational Times](#)

[Time Standards Explained](#)

[USA Motivational Times](#)



AAAA: Top 2% of swimmers in your age group, nationally.

AAA: Top 6% of swimmers in your age group, nationally.

AA: Top 8% of swimmers in your age group, nationally.

A: Top 15% of swimmers in your age group, nationally.

BB: Top 35% of swimmers in your age group, nationally.

B: Top 55% of swimmers in your age group, nationally.

[2024 Sierra Nevada Swimming Championship \(JO\) Times](#)

2023 TIME STANDARDS

Southwestern Age Group Regional Championships

10&Under

Girls		Boys		Girls Boys	
LCM SCY	EVENT	SCY LCM		LCM SCY BONUS SCY LCM	
35.19 30.89	50 FR	30.49 34.59		36.29 31.89 50 FR 31.39 35.69	
1;17.49 1:08.19	100 FR	1:07.19 1:16.89		1:21.19 1:11.39 100 FR 1:10.19 1:20.39	
2:50.09 2:29.09	200 FR	2:24.99 2:44.69		2:58.39 2:36.39 200 FR 2:31.29 2:51.89	
5:50.59 6:31.39	400/500 FR	6:25.49 5:44.59		X X 400/500 FR X X	
41.79 36.49	50 BK	36.29 41.59		43.49 37.99 50 BK 37.79 43.29	
1:30.29 1:17.89	100 BK	1:16.29 1:27.69		1:34.79 1:21.79 100 BK 1:20.09 1:31.69	
46.19 40.39	50 BR	40.29 46.29		48.09 41.99 50 BR 41.89 48.19	
1:41.49 1:27.99	100 BR	1:26.29 1:40.19		1:46.49 1:32.39 100 BR 1:30.19 1:44.69	
39.69 35.09	50 FL	34.69 39.19		41.49 36.69 50 FL 36.19 40.89	
1:31.09 1:20.19	100 FL	1:19.89 1:30.59		1:36.79 1:25.29 100 FL 1:24.79 1:36.09	
X 1:17.69	100 IM	1:16.99 X		X 1:21.39 100 IM 1:20.39 X	
3:08.89 2:46.49	200 IM	2:46.19 3:08.29		3:17.59 2:54.19 200 IM 2:53.69 3:16.89	

11

Girls		Boys		Girls Boys	
LCM SCY	EVENT	SCY LCM		LCM SCY BONUS SCY LCM	
33.59 29.69	50 FR	29.59 33.39		34.69 30.69 50 FR 30.59 34.49	
1:13.19 1:04.19	100 FR	1:03.09 1:12.19		1:16.39 1:06.99 100 FR 1:05.79 1:15.39	
2:38.79 2:18.39	200 FR	2:17.29 2:35.89		2:45.69 2:24.39 200 FR 2:23.69 2:42.69	
5:30.69 6:08.29	400/500 FR	6:07.59 5:29.09		X X 400/500 FR X X	
11:32.89 12:41.19	800/1000 FR	12:50.49 11:22.69		X X 800/1000 FR X X	
22:08.59 21:28.29	1500/1650 FR	21:41.59 21:50.09		X X 1500/1650 FR X X	
38.89 33.69	50 BK	33.79 39.19		40.29 34.79 50 BK 34.99 40.79	
1:25.09 1:13.09	100 BK	1:12.29 1:23.79		1:29.29 1:16.69 100 BK 1:15.79 1:27.89	
2:59.99 2:35.49	200 BK	2:33.79 2:56.29		3:07.79 2:42.29 200 BK 2:40.39 3:03.99	
43.19 37.79	50 BR	37.99 43.89		44.79 39.09 50 BR 39.49 45.69	
1:34.39 1:22.09	100 BR	1:21.69 1:34.89		1:38.69 1:25.79 100 BR 1:25.59 1:39.29	
3:23.19 2:56.99	200 BR	2:55.29 3:25.19		3:31.99 3:04.69 200 BR 3:02.89 3:34.09	
36.29 32.19	50 FL	32.69 36.99		37.49 33.29 50 FL 33.99 38.49	
1:21.99 1:11.69	100 FL	1:11.99 1:22.19		1:26.09 1:15.29 100 FL 1:15.79 1:26.39	
3:00.29 2:39.59	200 FL	2:38.29 3:00.69		3:08.19 2:46.49 200 FL 2:45.19 3:08.49	
X 1:13.79	100 IM	1:12.79 X		X 1:16.99 100 IM 1:15.99 X	
2:59.79 2:37.29	200 IM	2:37.09 2:59.39		3:07.59 2:44.09 200 IM 2:44.29 3:07.69	
6:27.29 5:35.69	400 IM	5:33.29 6:23.19		X X 400 IM X X	

[2023 CA/NV Sectionals Info and Times](#)

[2024 US Olympic Team Trials](#)

[2023 Winter Junior National Times](#)

[2024 Summer National Times](#)

[2024 Futures Time Standards](#)

[2023 Western Zone Senior Time Standards & Bonus Times](#)

[2023 AG Western Zone Times \(Use AAA times\)](#)

[Sierra Nevada Swimming Senior + Times \(last update 2019\)](#)

[2024 Far Western SCY Qualifying Times --- Bonus Times](#)

[2024 Far Western Summer LCM Qualifying Times](#)

[2023 CIF State Meet Consideration & Automatic Times](#)

**High School Sac-Joaquin Sections Times :**

**CIF SAC-JOAQUIN SECTION**  
2024 QUALIFYING SWIM TIMES

EVENT	F/S GIRLS	F/S BOYS	VARSITY GIRLS	VARSITY BOYS
200 Medley Relay	2:17.00	2:02.00	2:14.00	1:55.00
200 Freestyle	2:15.00	2:00.00	2:05.00	1:54.00
200 Individual Medley	2:35.00	2:24.00	2:27.00	2:10.00
50 Freestyle	0:27.50	0:25.00	0:26.50	0:23.50
100 Butterfly	1:08.00	1:03.00	1:04.00	0:56.50
100 Freestyle	1:01.00	0:55.00	0:58.00	0:51.50
500 Freestyle	6:00.00	5:35.00	5:40.00	5:15.00
200 Free Relay	2:00.00	1:51.00	1:55.00	1:42.00
100 Backstroke	1:11.00	1:06.00	1:05.50	1:02.50
100 Breaststroke	1:18.00	1:11.00	1:14.50	1:04.00
400 Free Relay	4:30.00	4:00.00	4:25.00	3:46.00



# CONGRATS TO YOUR DECEMBER SAC GOLD RECORD BREAKERS:

## Price, David

12/3/2023  
13-14 boys  
Matt Casto Memorial  
100 Butterfly  
1:01.90

## Mah, Liam

12/2/2023  
9-10 boys  
Matt Casto  
200 Breaststroke  
3:09.57  
25 Butterfly  
15.81

## Lonsdale, Lauren

12/1-3/2023  
Holiday Swim Festival, AZ  
11-12 Girls  
100 Freestyle  
53.87  
200 Freestyle  
1:56.05  
1000 Freestyle  
10:44.67  
1650 Freestyle  
17.52.07  
50 Backstroke  
28.41  
200 Breaststroke  
2:25.99  
200 IM  
2:09.42  
400 IM  
4:37.69

Here are the TEAM RECORDS!



# Sacramento Aquatics Club



SACRAMENTO AQUATICS CLUB GOLD

## Girls Team Records - LCM



8 and Under					9-10s					11-12s				
Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet
50 Freestyle	51.87	Frickey, Elliot	07/02/2022	Time Trial Swim Meet	50 Freestyle	29.55	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	50 Freestyle	29.13	Lonsdale, Lauren	7/9/2023	Woodland Last Chance
100 Freestyle	1:57.24	Frickey, Elliot	6/24/2022	Woodland JOs or Bust	100 Freestyle	1:04.20	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Freestyle	1:00.87	Lonsdale, Lauren	5/20/2023	Bill Rose Classic
200 Freestyle					200 Freestyle	2:20.55	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	200 Freestyle	2:12.91	Lonsdale, Lauren	7/20/2023	Bill Rose Classic
50 Backstroke	1:04.57	Frickey, Elliot	6/24/2022	Woodland JOs or Bust	400 Freestyle	4:56.48	Lonsdale, Lauren	6/24/2022	Woodland JOs or Bust	400 Freestyle	4:39.65	Lonsdale, Lauren	7/21/2023	Bill Rose Classic
100 Backstroke					50 Backstroke	35.96	Lonsdale, Lauren	5/20/2022	Woodland Spring Classic	800 Freestyle	11:52.61	Appleby, Lana	5/7/2023	Woodland Distance Time Trials
50 Breaststroke					100 Backstroke	1:15.03	Lonsdale, Lauren	7/28/2022	Far Westerns	1500 Freestyle	19:08.94	Lonsdale, Lauren	7/8/2023	Woodland Last Chance
100 Breaststroke					200 Backstroke	2:51.19	Lonsdale, Lauren	7/2/2022	Time Trial Meet	50 Backstroke	33.20	Lonsdale, Lauren	5/27/2023	TYR Memorial Day Classic
50 Butterfly					50 Breaststroke	37.10	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Backstroke	1:12.76	Lonsdale, Lauren	5/20/2023	Woodland Spring Classic
100 Butterfly					100 Breaststroke	1:22.96	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	200 Backstroke	2:33.49	Lonsdale, Lauren	4/15/2023	SMST Spring Spalsh
200 IM					200 Breaststroke	3:00.64	Lonsdale, Lauren	7/2/2022	Time Trial Meet	50 Breaststroke	36.05	Lonsdale, Lauren	5/27/2023	TYR Memorial Day Classic
400 IM					50 Butterfly	33.05	Lonsdale, Lauren	6/24/2022	Woodland JOs or Bust	100 Breaststroke	1:18.08	Lonsdale, Lauren	7/23/2023	Bill Rose Classic
					100 Butterfly	1:19.48	Lonsdale, Lauren	6/24/2022	Woodland JOs or Bust	200 Breaststroke	2:48.95	Lonsdale, Lauren	8/5/2023	Age Group Western Zones
					200 Butterfly					50 Butterfly	31.74	Lonsdale, Lauren	6/17/2023	Mel Enze LCM
					200 IM	2:37.01	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Butterfly	1:11.43	Lonsdale, Lauren	6/17/2023	Mel Enze LCM
					400 IM					200 Butterfly	2:45.98	Lonsdale, Lauren	7/8/2023	Woodland Last Chance
										200 IM	2:29.37	Lonsdale, Lauren	7/21/2023	Bill Rose Classic
										400 IM	5:17.81	Lonsdale, Lauren	7/23/2023	Bill Rose Classic

13-14s					15-16s					17-18s				
Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet
50 Freestyle	29.18	Foth, Illiana	6/24/2022	Woodland JOs or Bust	50 Freestyle	30.92	Jiang, Kali	6/17/2022	Mel Enze	50 Freestyle	33.36	Crevin, Ava	5/20/2023	Woodland Spring Classic
100 Freestyle	1:04.14	Foth, Illiana	8/3/2022	Western Zone Age Group	100 Freestyle	1:09.03	Crevin, Ava	6/17/2022	Mel Enze	100 Freestyle	1:09.26	Crevin, Ava	6/17/2023	Mel Enze
200 Freestyle	2:31.82	Foth, Illiana	5/20/2022	Woodland Spring Classic	200 Freestyle	2:30.40	Crevin, Ava	6/24/2022	Woodland JOs or Bust	200 Freestyle				
400 Freestyle	5:20.06	Foth, Illiana	5/20/2022	Woodland Spring Classic	400 Freestyle	5:11.35	Crevin, Ava	7/2/2022	Time Trial Meet	400 Freestyle				
800 Freestyle					800 Freestyle					800 Freestyle				
1500 Freestyle					1500 Freestyle					1500 Freestyle				
50 Backstroke					50 Backstroke					50 Backstroke				
100 Backstroke	1:18.08	Foth, Illiana	6/24/2022	Woodland JOs or Bust	100 Backstroke	1:18.60	Crevin, Ava	7/21/2022	Bill Rose Classic	100 Backstroke	1:21.93	Crevin, Ava	5/20/2023	Woodland Spring Classic
200 Backstroke	3:06.24	Combrink, Cara	7/2/2022	Time Trial Meet	200 Backstroke	2:47.24	Crevin, Ava	7/21/2022	Bill Rose Classic	200 Backstroke	2:58.61	Crevin, Ava	6/17/2023	Mel Enze
50 Breaststroke	47.28	White, Raleigh	4/15/2023	SMST Spring Spalsh	50 Breaststroke					50 Breaststroke				
100 Breaststroke	1:20.61	Foth, Illiana	6/10/2022	Summer Sanders	100 Breaststroke	1:24.88	Jiang, Kali	6/10/2022	Bill Rose Classic	100 Breaststroke				
200 Breaststroke	2:46.62	Foth, Illiana	8/3/2022	Western Zone Age Group	200 Breaststroke	3:18.37	Figuerres, Katherine	6/17/2022	Mel Enze	200 Breaststroke				
50 Butterfly	39.64	White, Raleigh	4/15/2023	SMST Spring Spalsh	50 Butterfly					50 Butterfly				
100 Butterfly	1:10.59	Foth, Illiana	6/24/2022	Woodland JOs or Bust	100 Butterfly					100 Butterfly	1:27.60	Grebner, Mackenzie	6/24/2022	Woodland JOs or Bust
200 Butterfly					200 Butterfly					200 Butterfly				
200 IM	2:32.98	Foth, Illiana	7/21/2022	Bill Rose Classic	200 IM	2:48.27	Jiang, Kali	7/21/2022	Bill Rose Classic	200 IM	2:54.72	Crevin, Ava	5/20/2023	Woodland Spring Classic
400 IM	5:41.09	Foth, Illiana	7/21/2022	Bill Rose Classic	400 IM					400 IM				

If I have missed a record you feel you have earned please let our secretary Amy Broyles know so I can check and correct any mistakes. Thanks so much!

# Do you know our coaches?

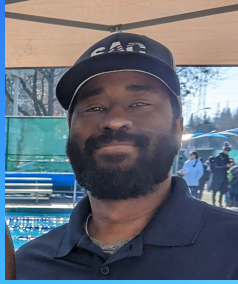
Head Coach Terry Peyton



Assistant Coach Gus Nicola



Assistant Coach Jose Bonner



Jr Assistant Coach James Pitcock



## New Family Info ... Welcome!

**New to the team? Here's some helpful Information:**

### Helpful Web Sites:

- Team website: <https://sacramentoaquatics.com/>
- USA Swimming Membership: You must have this to be on the team. You also need one of these to join OME. information: <https://www.usaswimming.org>
- How to sign up for a meet: You'll need to set an account and add your swimmer on OME (Online Meet Entries): <https://ome.swimconnection.com/>
  - If you're having a difficult time "adding" your swimmer the first time and it says there registration number is wrong, try using the first two digits of your child's birth month, birth day, and last two digits of the birth year, the first three letters of their name, their middle initial and the last 4 digits of the last name as your registration number. Additionally, we've had issues with the middle initial. Try multiple combos (with/without the middle initial etc. Sometimes it takes a bit of searching. Ask a board member if you're having difficulties).
  - You will enter the meet you want by searching meet names (remember you can toggle between Sierra Nevada Swim league and others or All to find the meet you're looking for).
  - The meets come up only when "open" to sign up for. You can choose settings in OME to have it send you emails when new meets open as reminders to sign up. **(Meets do fill and close early at times so we suggest you sign up early for meets so you don't miss out!)**
  - There are fees for meets. There is usually a "meet entry fee" and then a charge per race. You can add a card for quick payment when you sign up.
  - You do get to choose what races you want to swim (of the ones offered and they tell you what day each race is, so you can choose the race you want for each day).
  - The first time you/your swimmer races we recommend you enter a time. You can put NT (no time) at some meets but Terry suggests putting an estimate so you are swimming with kids who will push you appropriately. Ask coach Terry what a good estimate is for you as needed, he's happy to help with this.
    - Remember long course and short course times are different. (50 yard free and 50-meter swim times are different!) If you use your short course times at long course meet, your swimmer will be placed in a much faster heat then they will want to be in. THIS IS NOT FUN as a parent! Ask an experienced family/parent if you have questions. Try not to make this mistake! There are websites that will help you

convert a short course time to a long course time. (I like the swim swam converter)

<https://swimswam.com/swimming-times-conversion-tool/>

- After they have swam the race once you'll be able to choose the "best time" button and it's a much easier sign up.
- Want to know more about the Sierra Nevada Swim League (SNS): (The meets our league is offering, links to time standards, Stroke and Turn information, League events and more can be found here!) <https://www.teamunify.com/team/snslsc/page/home>
- Time standards for short course and long course: The US swim league has a set "time standards." These standards are use to help kids with goal setting. The times go from B to BB to A to AA to AAA to AAAA times. B times are the slowest and first goal and then they get faster from there. At some meets they issue A pins for those meeting this time standard for the first time. <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2024/2021-2024-national-age-group-motivational-times.pdf>
- There are time standards for making it to champs for both short course and long course these can be found here or on the SNS page above: [2023-2024 SNS Short Course and Long Course Championships Time Standards](#)

## **Board Members:**

**Terry Peyton:** Coach

**Bill Lonsdale:** President  
[sacramentoaquatics@gmail.com](mailto:sacramentoaquatics@gmail.com)

**LeighAnn Kato:** Vice President & Meet  
camp/Volunteer Coordinator

**Andrea Pitcock:** Membership

**Mina White:** Treasurer & Safe Sport  
Coordinator

**Amy Broyles:** Secretary

**Tascha Weatherall:** Activities Chair &  
Fundraising Coordinator

**Karen Lonsdale:** New Swimmer/ Parent  
Liaison

**Remind App:** Please join the  
group to get the most up to date  
announcements on practice changes,  
cancellations, meet arrival times, etc.

To join the REMIND app please follow the  
steps below.

1. Download the REMIND app to your  
phone.
2. Once the app is downloaded
3. Send a text to 81010
4. Text this message: @sacsail

**Are you ready for a meet? Talk to Coach Terry before you sign up for your first meet.**

**Spring/Summer is LONG Course Meter (LCM) Season (50-meter pool)**

**Fall/Winter is Short Course Yardage (SCY) Season (25-yard pool)**

## What to bring to meets:

- A good attitude, smile, and drive to swim your best!
- Team cap, some goggles, and a fast swimsuit.
- TOWELS are especially important in winter: ~1 towel per race +1 is recommended (it gets cold when you're not dry & you'll have warmups to dry off from too.)
- Warm clothes, and easy slip-on shoes that can get wet (keeping feet warm and safe is important for as long as you can while you are waiting behind those blocks.)
- Healthy snacks and water to stay fueled.
- Dependent on the pool, different set ups are used. The team usually brings a team tent for larger meets but we encourage you to bring your own shade and seating when it's hot. Consider a pop up if you have one. We try to get space to sit together as a group as best we can. Come early and/or communicate with LeighAnn your plans, this helps us know how much space to try to save. We can't make promises as things fill quickly but we'll do our best when we can to all sit together. This is where the team bonding happens. If there are other plans for specific meets we'll communicate that out.
- Chair or place for you and your kiddo to sit between races is encouraged, some pools have stadium stands as well. You can always ask another experienced family or coach what the set up looks like at each pool. Google maps is a great way to check out the pool set-ups if you haven't been before.
- A few crafts/toys/ or games for the younger kiddos to do while waiting between races can be helpful. But make sure you're paying attention to what event and heat they are on, so you don't miss a race. They don't wait for swimmers to get to the blocks to keep the meets moving on schedule. IF you miss a race you miss it! Talk to coach if this happens.
- A phone with the Meet Mobile app downloaded and ready to go is helpful to know your races and lanes. Ask a practiced swim parent if you have questions about this app. (This app works better at some pools than others. They also post via paper)
- If interested, a little cash to purchase meet swag/apparel or to snag a little something from the snack bar which some pools have.
- Congrats! Lets have some FUN!



### STAY HOME IF YOU'RE HAVING SYMPTOMS

COVID-19 is going around... If you have symptoms stay home and test often.

If positive, stay home for 5 days and until testing negative. If testing positive after Day 5, stay home until testing negative or until Day 10. Note: First day of positive test is considered Day 0.

