



March 2024 Newsletter

PRACTICE TIMES March-April (through HS swim season)

Bronze Group:

M-F 5:30 - 6:30 PM

Sat 10:00-11:30 AM ******(NEW TIME)******

Silver Group:

M-F 6:30 - 7:45 PM

Sat 10:00-11:30 AM

Gold & Gold Jr Groups:

*M/W/F Dryland 6:10 - 6:30 PM

M-F 6:30-8:30 PM pool time

Sat 8:00-10:00 AM

Morning swim for Gold Group or by approval

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

Yellow star: Saturdays of meet weekends

All Groups combined 8:00-9:30 AM

High school meets days

Bronze 6:00-7:00, Silver/Gold 6:30-8:30

Orange star: this is a custom practice time.

SEE THE CALENDAR FOR DETAILED PRACTICE GROUP TIMES

Congrats to this crew for making cuts to the age group championship meet coming up March 8th-10th. We'll see most of you there.



LET'S GET DOWN TO BUSINESS

High school has swim begun. Thanks for hanging in with our later schedule!

High school swim meets have been posted in the calendar. These will push Bronze group a bit back from 6:00-7:00 PM. Silver/Gold will go from 6:30 to 8:30 on these evenings. There are only a few days there will be high school meets at the pool.

Please note we switched the location of the optional First Long Course Meets - from Elk Grove to Folsom. It's the same date but at the Steve Miklos Aquatic Center. It is open on OME. Please remember if you are placing best times this meet is in meters and not yards. You must convert your times from short course. (See "New Family Info... Welcome" section at the end of the newsletter for details.) Also, here is a conversion tool link:

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

Do you need a parking pass for April?

Below is the link to request a pass for April. Please fill out the survey by the 15th. You will be

invoiced \$20 for the pass if you choose to request one:

<https://forms.gle/Hy3gbEKTcSDWfBVe7>

Here's your March Calendar

MARCH

2024

Practice Schedule
The Ocean Group:
M-F 5:30-6:30PM
Sat 8:30-12:30AM
The Silver Group:
M-F 6:30-7:45
Sat 10:00-11:30AM
The Gold Group:
M/W/F 6:10 - 6:30 dryland
M-F 6:30-8:30 pool time
Sat 8:00-10:00AM
Morning swim:
for Gold Group & approved swimmers
5:45-7:00AM on M/T/W/Th/F

Saturdays of meet weekends ★
All Groups 8:00-9:30 AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			29	1	2	★
				CA/NV SECTIONALS 02/29 - 03/03 FOR QUALIFIERS CARLSBAD, CA - NORTH COAST AQUATICS	8	★
3	4	5	6	7	8	★
→					SNS 14 & UNDER SHORT COURSE CHAMPIONSHIPS MARCH 8-10, 2024 CALIFORNIA CAPITAL AQUATICS (CCA) ROSEVILLE AQUATICS COMPLEX FOR QUALIFIERS	16
10	11	12	13	14	15	Fun Practice 
						
17	18	19	20	21	22	23
Happy Shamrock Day		Mendocino Farms Fundraiser			2024 SWAGR (SOUTH WESTERN AGE GROUP REGIONALS) DATE: MARCH 23 - 25, 2024 FOR QUALIFIERS	No SAT Practice
24	25	26	27	28	29	30
		Gold/Gold Jr: Silver: Bronze:	Spring Break Schedule			
31	1	2	3	4	5	6
EASTER	April			2024 SPEEDO FAR WESTERN SWIM MEET 3RD-7TH FOR QUALIFIERS		

April

2024



Practice Schedule

The **Brass** Group:
M-F 5:30-6:30PM
Sat 11:30-12:30AM
The **Silver** Group:
M-F 6:30-7:45
Sat 10:00-11:30AM
The **Gold** Group:
M/W/F 6:10 - 6:30 dryland
M-F 6:30-8:30 pool time
Sat 8:00-10:00AM
Morning swim

For Gold Group & approved swimmers
5:45-7:00AM on M/T/W/Th/F

Saturdays of meet weekends

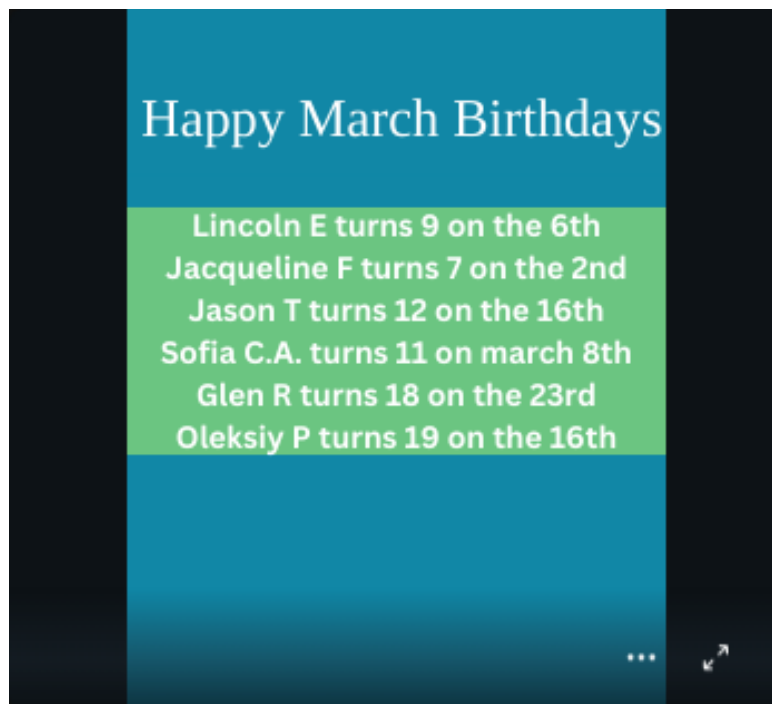
All Groups 8:00-9:30 AM



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 	2	3 	4 2024 SPEEDO FAR WESTERN SWIM MEET 3RD-7TH FOR QUALIFIERS HighSchool Swim meet?	5	6
7	8	9	10	11 HighSchool Swim meet?	12 	13 SPLASH INTO SPRING APRIL 12-14, 2024 LCM ELK GROVE AQUATICS CLUB (EGAC) ELK GROVE AQUATICS CENTER
14 	15	16	17	18	19 CIF metro league HS swimming Champs 	20
21 HOT DOG MEET APRIL 21, 2024 CALIFORNIA GOLD - LODI [GOLD-LODI] TOKAY HIGH SCHOOL	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10 	11 DART MAY AGO MEET MAY 11-12, 2024 DART SWIMMING (DART)

HAPPY BIRTHDAY TO ALL OF OUR MARCH BIRTHDAY SWIMMERS!



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 S			
(subject to ch			
Swim Meet	Qualifiers only Team/optional trials/finals (T/F)	Distance	Date
CA/NV Sectionals	Qualifiers T/F	LCM	2/29-3
SNS short course age group Champs	Qualifiers T/F	SCY	3/8-3/
SWAGR	Qualifiers T/F	SCY	3/22-3,
CA/NV Sectionals	Qualifiers T/F	SCY	3/22-3

Fun Practice

OUR FEB FUN PRACTICE: It was fun having everyone out there! What a spread!



Valentine's Practice

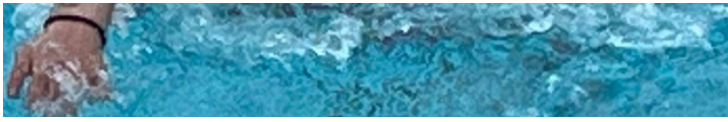


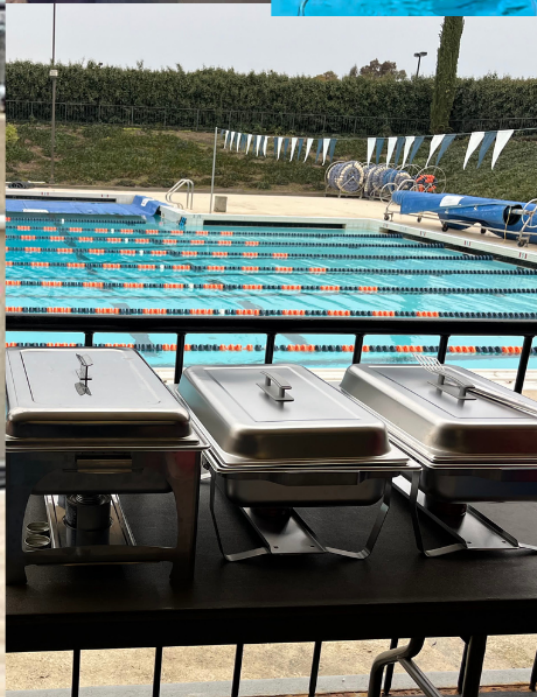
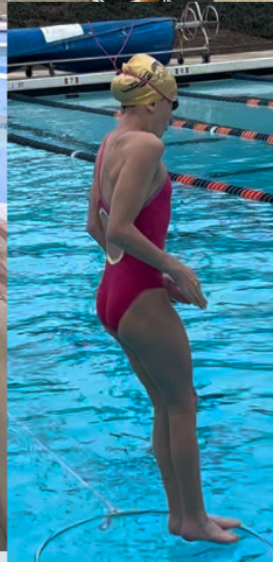














Join us for the next one? It's coming up!

Fun

St. Patrick's
Day

Swim Practice

MARCH 16TH

GAMES | GREEN PANCAKES!

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FUNDRAISERS:



EAT HAPPY. GIVE BACK.



FUNDRAISER FOR

Sacramento Aquatics Club

March 19, 2024 | 2PM - close

4730 Freeport Blvd Suite 110, Sacramento, CA 95822

Order online for pickup or delivery using the promo code or show this flyer in restaurant, and we'll donate **20%** back to your cause.

promo code:

GIVEBACK

Discounts, coupons or offers are not valid during the fundraiser. For orders to count towards fundraiser, supporters must show flyer at register or enter code at checkout for online orders at order.mendocinofarms.com. Gift cards, catering, and 3rd party delivery orders are not eligible. Tax, tip, and delivery fee will not be included in donation. \$250 minimum event net sales required to receive any donation. All orders must be placed for pickup between 2PM - close on event date.

CONGRATS TO...

SAC GOLD

February Record Breakers

Lauren L (11-12 Girls) 100 Fly - 1:00.82 50 Free - 38.26 200 Free - 1:36.38	Parker B (13-14 Girls) 100 Fly - 1:09.95	Raleigh W (13-14 Girls) 200 Free - 2:10.38	Mikayla M (13-14 Girls) 500 Breast - 1:21.74
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SAC
SACRAMENTO AQUATICS CLUB GOLD

FIRST SAC SWIM MEET PARTICIPANTS

WELCOME TO THE TEAM!!



*Paige
Carrillo*

**Way to make your debut
appearance with 6 new personal
bests and 3 champs qualifying
times!**

WELCOME TO THE SAC GOLD TEAM

*Madison
Crowder*

Great swims this weekend! Loved watching you drop time in all 5 of your races including a 6.76 second drop in the 100 free! Also, great job earning 2 more champs qualifying times!



WELCOME TO THE SAC GOLD TEAM

*Eric Lu
&
Cavin Yang*

It was fun having you both on deck for your first SAC gold meets this weekend. Eric, congrats on your 3 personal bests. Cavin, welcome to USA swimming and congrats on your 4 new personal bests!



Hope you had fun at our **February Swim Meet**

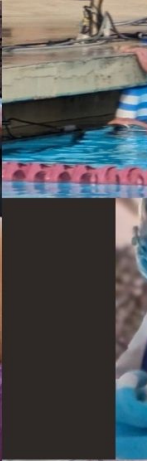
Last Chance was Successful: we had 117 personal bests, 20 new champs qualifying times, 4 new SWAGR times, 7 A-times, 1 new far western time, 30 new events participated in, 7 new team records and 4 new SAC swimmers competing! Great job all!



*WAC
Last
Chance
Qualifier*









SAC Gold Achievement Updates For February

NEW A- times

- Salina K - 50 Back , 100IM
- Raleigh W - 200 Free
- Anthony B - 50 Free
- Sophia C - 100 Free
- Reynaldo R - 100 Free
- Izzy W - 100 Back



Far Westerns qualifiers

New times achieved this month *

Anthony B.
Lana A. *

James P.
Lauren L.

Swimmers with SWAGR Times

* New Times achieved this Month

- Salina K. *
- Lizzie R.
- Lana A.
- Sophia I.
- Lauren L.

- Reynaldo R.*
- Anthony B.
- Nyla B.
- Raleigh W.
- Parker B.*
- Mikaykla M



New
Champs
Times
from LAST

- Addie S
- Mikayla M
- Parker B
- Jason L
- Drew B
- Francie B
- Salina K
- Izzy W

Safe Sport



THE IMPORTANCE OF TALKING TO YOUR KIDS ABOUT ABUSE
THE U.S. CENTER FOR SAFESPORT HAS DEVELOPED SOME PREVENTION
RESOURCES TO OFFER TIPS TO PARENTS ON HOW TO TALK TO YOUR KIDS
ABOUT THIS DIFFICULT TOPIC. ONE OF THE FIRST STEPS IN PRACTICING
ABUSE PREVENTION IS ESTABLISHING A CULTURE OF COMMUNICATION
WITH THE KIDS IN OUR LIVES. YOU CAN READ ABOUT TIPS ON HOW TO HAVE
THESE CONVERSATIONS WITH YOUR KIDS HERE:

[HTTPS://USCENTERFORSAFESPORT.ORG/TALKING-WITH-KIDS-ABOUT-ABUSE/](https://uscenterforsafesport.org/talking-with-kids-about-abuse/)

<https://uscenterforsafesport.org/talking-with-kids-about-abuse/>

TIME STANDARDS

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

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](#)

[South Western Age Group Regional \(SWAGR\) March 24 Meet Sheet with Bonus Times](#)

[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

2024 US Olympic Trials Standards:

<i>WOMEN</i>	<i>EVENT</i>	<i>MEN</i>
25.69	50m Freestyle	22.79
55.79	100m Freestyle	49.99
2:00.89	200m Freestyle	1:49.99
4:15.49	400m Freestyle	3:55.59
8:45.79	800m Freestyle	8:09.69
16:45.69	1500m Freestyle	15:39.89
1:01.89	100m Backstroke	55.69
2:13.59	200m Backstroke	2:01.69
1:10.29	100m Breaststroke	1:02.19
2:31.69	200m Breaststroke	2:15.99
1:00.19	100m Butterfly	53.59
2:13.69	200m Butterfly	2:00.49
2:16.09	200m Individual Medley	2:03.49
4:49.89	400m Individual Medley	4:25.19

Here are the TEAM RECORDS!

Only a few more meets and the short course records will be printed out!

Girls Team Records - LCM

[illegible]

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 Jose Bonner

Assistant Coach Gus Nicola



Jr Assistant Coach James Pitcock



GOLD



Website:

<https://sacramentoaquatics.com/>



Like us on FACEBOOK @
Sacramento Aquatics Club
We have both a public and private group
here. Feel free to request to join.

Find us on INSTAGRAM
@sacramentoaquatics



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

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.

