



# April 2024 Newsletter

## PRACTICE TIMES March-April

(This is through High School swim season, See the May calendar for practice time changes back to normal.)

### 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

## LET'S GET DOWN TO BUSINESS

High school swim season is in full swing! This means we need to share the pool with the high school teams that also practice at CRC. Thanks for hanging in with our later schedule, we're getting close to returning to our usual schedule in May.

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 the location change of the optional First Long Course Meets - from Elk Grove to Folsom. It's the same date but at the Steve Miklos Aquatic Center. **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/>



**SAC**  
SACRAMENTO AQUATICS CLUB




**TYR**

**TEAM STORE IS NOW OPEN!**

**TEAMS.TYR.COM**

TEAM ACCESS CODE: 19722  
You will need to make an account the first time in.






**STAY HOME IF YOU'RE HAVING SYMPTOMS**

Many viruses and other illnesses are going around...  
If you have symptoms stay home. We want to keep all  
our swimmers healthy.

If COVID 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.



**Pool temperatures:** We have been getting some questions/concerns about pool temperature and its effect on the health of our swimmers. While we understand the importance of keeping the pool temperature at a set level appropriate for exercise (not too hot/not too cold), we cannot control the weather and the heat that comes off of the pool because of weather changes at times. We do understand we had a few chilly pool days. Per Coach Terry there is no way the school will give us access to the heater/pool thermostat. However, he does report the plant manager at the pool has been very responsive to his concerns and they have been keeping him well informed of pool issues. The college checks the pool daily (except for weekends and holidays due to staffing). Please continue to keep the coaches informed of your concerns, PLEASE feel free to have your swimmer sit out if the pool when ever you feel necessary. Feel free to speak directly to the coaches if this is a perpetual feeling for your swimmer to see if their are other recommendations or options of swim wear for you. If the temperature goes out of the US swimming recommended temps we will cancel practice as per policy. Thanks for working with us.

**-The SAC board**

SENDING OUT A HUGE SPONSORSHIP SHOUT OUT AND THANKS TO  
NORMA ANDRADE CASANOVA  
&



## Parking...

We are working on problem solving parking for the team. We were recently notified that the RT passes that we have been purchasing are not good for the lot we are all parking in. We are going to suggest going back to purchasing tickets from the kiosks until we can find another option.

## Here's your April Calendar

# April 2024

**Practice Schedule**  
The Bronze Group:  
M-F 5:30-6:30PM  
Sat 10:00-11:30AM  
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  
**High School Meet @CRC** ★  
**Practice Schedule:**  
Bronze 6:00-7:00  
Silver/Gold 6:30-8:30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2	3 	4 ★ 2024 SPEEDO FAR WESTERN SWIM MEET High School Meet Schedule	5 ★ High School Meet Schedule	6 Regular split practice
7	8 No AM practice	9	10	11 ★ High School Meet Schedule	12 	13 ★ SPRING SPLASH APRIL 13-14, 2024 LCM SIERRA MARLINS SWIM TEAM (SMST) STEVE MIKLOS AQUATIC CENTER
14 →	15	16	17	18	19	20
21  HOT DOG MEET APRIL 21, 2024 CALIFORNIA GOLD - LODI (GOLD-LODI) TOKAY HIGH SCHOOL	22  SAC BOARD MEETING TIME 6:30	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10 	11 ★ DART MAY AGO MEET MAY 10-12, 2024 DART SWIMMING (DART)



# April 2024

## Practice Schedule

The Bronze Group:  
M-F 5:30-6:30PM  
Sat 10:00-11:30AM  
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

## High School Meet @CRC

### Practice Schedule:

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

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 	2	3 	4 ← 2024 SPEEDO FAR WESTERN SWIM MEET 3RD-7TH QUALIFIERS ★ High School Meet Schedule	5 High School Meet Schedule	6 Regular split practice →
7	8 No AM practice	9	10	11 ★ High School Meet Schedule	12  SPRING SPLASH APRIL 12-14, 2024 LCM SIERRA MARLINS SWIM TEAM (SMST) STEVE MIKLOS AQUATIC CENTER	13 ★
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21  HOT DOG MEET APRIL 21, 2024 CALIFORNIA GOLD - LODI (GOLD-LODI) TOKAY HIGH SCHOOL	22  SAC NORRIS MEETING TIME 6:30	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10  DART	11 ★ DART MAY AGO MEET MAY 10-12, 2024 DART SWIMMING (DART)



# May 2024

**Practice Schedule**  
beginning May 6th-mid June 15th  
The Bronze Group:  
M-F 4:00-5:00PM  
Sat 10:00-11:30AM  
The Silver Group:  
M-F 4:00-5:30  
Sat 10:00-11:30AM  
The Gold Group:  
M/W/F 5:00-5:30 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

Gus off May 4th - June- 5th

**Saturdays of meet weekends**

All Groups 8:00-9:30 AM

**High School Meet @CRC**

**Practice Schedule:**

Bronze 6:00-7:00

Silver/Gold 6:30-8:30

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1	2	3	4
5 CINCO DE MAYO	6 Practice time change	7	8	9	10	11 DART MAY AGO MEET MAY 11-12, 2024 DART SWIMMING (DART) ARROYO POOL
12 DART	13 Mother's Day	14	15	16	17 Combined practice All Groups 5:30-7:30 CHARLES BROOKS COMMUNITY SWIM CENTER	18 WOODLAND SPRING CLASSIC MAY 17-19, 2024 WOODLAND SWIM TEAM (WOOD) LCM
19 WOOD	20 Panera Fundraiser @ Delta Shores	21	22	23	24	25 TIGER AQUATICS LCM AGE GROUP OPEN MEET MAY 25-26TH

**Are you Social Media Savvy? Want to help manage our site? Let Bill Lonsdale know on deck or email at [sacramentoaquatics@gmail.com](mailto:sacramentoaquatics@gmail.com). We'd LOVE SOME HELP!**

**HAPPY BIRTHDAY TO ALL OF OUR APRIL BIRTHDAY SWIMMERS!**



*Happy April Birthdays!*

**Haydn L turns 16 on the 2nd**  
**Rexton G turns 13 on the 3rd**  
**Coach James P turns 18 on the 10th**  
**Pilar S turns 14 on the 20th**  
**Kai C turns 10 on the 27th**

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 9			
(subject to change)			
Swim Meet	Qualifiers only Team/optional trials/finals (T/F)	Distance	Date
IMX/IMR Challenge	Team	SCY	3/23-3/24
Short Course Far Western	Qualifiers T/F	SCY	4/4-4/5

# Fun Practice

OUR March FUN PRACTICE: It was a jolly good time!



**HAPPY  
ST. PATRICK'S  
DAY  
FROM**

**SAC**

**SACRAMENTO AQUATICS CLUB**

Join us for the next one?

**FUNDRAISERS:**



<https://www.community-fundraiser.com/virtual-fundraiser/events/promotions/dcd1d130-7c7c-7db6-e34b-62643a6ceae8/en/landing>

# Monday, April 22, 2024

## Online Orders Only

**Order online and pick up your food from any Panda Express location nationwide. Share with your friends and family, even those out of state!**

Apply code **922541** in the Fundraiser Code box during online checkout at [www.pandaexpress.com](http://www.pandaexpress.com) or via App

28% of sales will be donated to: Sacramento Aquatics Club!

# **CONGRATS TO...**



## **WAY TO GO KATE!!!**

**Congrats on your first DIVE off the blocks this last week!**

**A little incentive, a lot of bravery, and a very proud moment!**





# Congrats Smit and Izzy P

*Way to represent the team at champs in our relays.*

- That was a great first champs experience for Izzy!
- Smit congrats on your personal best in your relay split!



## Champs high point winners:

**YOUR 2ND AND 3RD PLACE SAC GOLD 8&U HIGH POINT WINNERS**

**MAIYA K. & AARAV N.**





**G O L D**  
**CONGRATULATES**  
**SNS CHAMPIONSHIP**  
**HIGH POINT**  
**8&U**  
**2ND AND 3RD**  
**PLACE FINISHERS...**







**YOUR 1ST PLACE  
SAC GOLD 11-12 HIGH POINT WINNER**

**LAUREN LONSDALE**



- **Congrats on your 400yd IM  
Futures Qualifying Time**
- **Congrats on your 2 new SNS  
championships/J.O. all time  
meet records:  
500vd free & 100vd IM**

congrats on your 2 new SNS  
CY championship meet  
records:  
the 500yd freestyle with a  
5:05.41  
&  
the 100IM with a 1:00.21



February Record Breakers

# **SAC GOLD CHAMPS/SWAGR/IMX RECORD BREAKERS**

## **Lauren L.**

**50 Freestyle 25.05**

**500 Freestyle 5:05.41**

**200 Backstroke 2:07.43**

**100 IM 1:00.21**

**400 IM 4:30.52**

**(Also your first Futures QT!)**

**200 Breaststroke 2:25.42**

## **Parker B.**

**500 Freestyle 5:36.40**

**1000 Freestyle 11:35.19**

**(Also a new SWAGR QT)**

**1650 Freestyle 19:30.17**

**100 Butterfly 1:05.82**

**400 IM 5:07.87**

**(Also a new SWAGR QT)**

Thanks to the Sac State Physical Therapy Program for helping some of our swimmers with their running technique. We were happy to help you all with your research project as well.

(See Coach Terry's son on far Right!)





## IMX/IMR AQUASOL MEET

WE HAD SOME FIRST TIME SAC GOLD MEET PARTICIPANTS!



Having a great time at the



&



WHAT A FUN CREW!

# Age Group Champs

**NEW  
A- times**



**SAC Gold Achievement Updates For March**

- Sophia (Lizzie) Roxas -100 IM
- Salina Koum - 100 Free, 100 Br
- Aarav Narayan (coco) - 25 Br
- Izzy Weatherall - 500 Free
- Anthony Balitaan - 200 IM
- Parker Broyles - 400 IM
- Jasmine Liang - 200 Br
- Joie Lu - 50 Free, 100 Free
- Jason Liang - 50 Free

**Far  
Westerns  
qualifiers**  
New times achieved this month \*  

Anthony B.	James P..
Lana A.*	Lauren L.
Salina K.*	Mikayla M.*.

## Swimmers with SWAGR Times \* New Times achieved at champs



- |               |               |
|---------------|---------------|
| • Salina K. * | • Reynaldo R. |
| • Lizzie R.   | • Anthony B.  |
| • Lana A.     | • Nyla B.     |
| • Sophia I.*  | • Raleigh W.  |
| • Lauren L.   | • Parker B.*  |
| • Sofia C.*   | • Mikayla M.  |

# SWAGR





## Short Course Champs





## Safe Sport

SINCE WE HAVE HAD NEW FAMILIES JOIN US RECENTLY, WE WANT TO SHARE USA SWIMMING'S SAFESPORT FAMILY RESOURCE GUIDE WITH YOU TO GIVE YOU AN OVERVIEW OF WHAT SAFESPORT IS ALL ABOUT. YOU CAN READ ABOUT IT [HERE](#) AND LEARN ABOUT WHY AND HOW WE ARE COMMITTED TO USA SWIMMING'S PRIORITY TO KEEP SWIMMERS SAFE FROM ALL FORMS OF ABUSE.

[Above Safe Sport Link](#)

# 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 :**

***2024 US Olympic Trials Standards:***

<b><i>WOMEN</i></b>	<b><i>EVENT</i></b>	<b><i>MEN</i></b>
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!

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

## Girls Team Records - LCM



# 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 than 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!