



May 2024 Newsletter

PRACTICE TIMES Beginning Monday April 29th - June 15th

Bronze Group:

M-F 4:00-5:00 PM

Sat 10:00-11:30 AM

Silver Group:

M-F 4:00-5:30 PM

Sat 10:00-11:30 AM

Gold & Gold Jr Groups:

*M/W/F Dryland 5:00-5:30 PM

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

Sat 8:00-10:00 AM

Morning swim for Gold Group or by approval from Coach Terry

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

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

LET'S GET DOWN TO BUSINESS

High school swim season is OVER! Back to the old schedule until summer season schedule
June 15th

Just a note for LONG COURSE SEASON: 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/>

Awards and Breakfast Potluck!

Join us on May 11th from 8-10 (All Groups) for an Awards Ceremony to celebrate the end of Short Course Season and to honor our Seniors on the team. Bring your favorite breakfast potluck item to share.

SHORT COURSE SEASON

Awards and Brunch Potluck

We want to acknowledge our short course swimmers for the season. As well as Celebrate our Senior Swimmers for all their accomplishments!

- * Join us on May 11th from 8-10am (All Groups)
- * Bring your favorite breakfast potluck item to share.
- * There will be fun swimming and maybe relays I'd guess.
- * We'll post a sign up sheet for food!





TEAM STORE IS NOW OPEN!

[TEAMS.TYR.COM](https://teams.tyr.com)

TEAM ACCESS CODE: 19722

You will need to make an account the first time in.

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**

TSG | **& WEALTH
MANAGEMENT**
ESTABLISHED IN 1965

Parking...

We have been informed that they are currently not citing for parking until the parking pass kiosks are repaired. Please note they are still giving warnings and may ticket if you are in the faculty side of the the H parking lot. Park to the west of the pool and out of the Passenger

Loading circle to avoid a ticket. We are still working on getting the campus to give us a solution to parking passes. Thank you for your patience! When we hear anything we'll let you know.

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Here's your May Calendar



May 2024

Practice Schedule beginning April 29th-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 3rd

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29 Practice time change	30	1	2	3	4 ★ DART MAY AGO MEET MAY 4, 2024 DART SWIMMING (DART) ARROYO POOL
5 CINCO DE MAYO	6	7	8	9	10	11 8-10 Breakfast potluck End of short course & Seniors Awards
12 Mother's Day	13	14	15	16	17 ★ Combined practice All Groups 5:30-7:30	18 ★ WOODLAND SPRING CLASSIC MAY 17-19, 2024 WOODLAND SWIM TEAM (WOOD) LCM CHARLES BROOKS COMMUNITY SWIM CENTER
19 WOOD	20 Panera Fundraiser SAC BOARD MEETING TIME 5:30	21	22	23	24	25 ★ TIGER AQUATICS LCM AGE GROUP OPEN MEET MAY 25-26TH

Tentative June Schedule... likely to be tweaked here and there. Summer schedule not fully confirmed but it will be close to this.

June 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

Practice Schedule beginning June 17th - Aug 31st

The Bronze/Silver Groups:
M-Sa 9:00-10:30
The Gold Group:
M/W/F dryland
M-Sa 7:00-9:00 pool time
Evening Practice: (if you can't make the day practice)
5:30-7:30 Bronze - All Groups

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
2	3 Gus is back!	4	5	6	7 ? Practice?	8 EGAC SUMMER NIGHT SWIM, SLIDES & SLICES JUNE 8, 2024 ELK GROVE AQUATICS CLUB (EGAC) - LCM  ? Practice? SUMMER SANDERS JUNE 7-9, 2024 CALIFORNIA CAPITAL AQUATICS (CCA) - LCM ROSEVILLE AQUATICS COMPLEX
9  →	10 ? AM Practice?	11  SAC GOLD DIVE INTO SUMMER TBD?	12	13	14 12 & Under Movie Night at the Pool 7:30- 9:30 Popcorn, candy, water @ the pool Bring your floaties and chairs!	15
16	17	18	19	20  SAC GOLD DIVE INTO SUMMER BBQ/POTLUCK 5:30PM TEAM SHOTS	21 ? Practice?	22 ★ MEL ENZE JUNE 21-23, 2024 CALIFORNIA GOLD - LODI (GOLD-LODI) LCM

Team Cheer...Can you learn it?



SACRAMENTO AQUATICS CLUB



- Terry's Got us ready, It's been a week in the pool
- Kick sets, breath work, sprints and gruel
- We've got chlorine in our face, our hair's a disgrace.
- But we don't care lets dive-in and race.

Canva

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Are you Social Media Savvy? Want to help manage our site? Let Bill Lonsdale know on

deck or email at
sacramentoaquatics@gmail.com. We'd LOVE
SOME HELP!

HAPPY BIRTHDAY TO ALL OF OUR MAY BIRTHDAY SWIMMERS!

Happy May Birthdays!

- Yuhan L is 14 on May 2nd
- Aarav N is 9 on May 13th
- Ian N is 10 on May 14th
- Raleigh W is 15 on May 15th
- Nyla B is 15 on May 25th
- Paige C is 12 on May 29th
- Donovan P is 14 on May 30th

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
DART May AGO	Team meet/ Sprint	SCY	5/4
Woodland Spring Classic	Optional	LCM	5/17-5/18
Tiger Aquatics LCM	Optional	LCM	5/25-5/26
EGAC Summer Night Swim, Slides & Sprints	Optional	LCM	6/10

FUNDRAISERS:

Panera
FUNDRAISING



Help support us!

SACRAMENTO AQUATICS CLUB PARENT BOOSTER

20%
OF SALES
WILL BE
DONATED

May 20, 2024
6:00 am to 9:00 pm PST
8120 Delta Shores Cir, Sacramento, CA

Use code **FUND4U** at online checkout, in the Panera App,
or at the kiosk in-café.*

Bring this flyer or show a digital copy to your cashier when ordering at the café or enter the promo code **FUND4U** at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

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*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. **Services vary by café.

CONGRATS TO...

April Record Breakers

April SAC Record Breakers

Lauren Lonsdale

- 50yd Freestyle - 24.98
- 100yd Freestyle - 53.25
- 200yd Freestyle - 1:54.47
- 500yd Freestyle - 5:04.51
- 100yd IM - 59.79
- 200yd IM - 2:08.11
- 400yd IM - 4:29.92

Parker Broyles

- 800M free - 10:44.61
- 50M breast - 46.04

Jason Liang

- 50M breast - 39.06

Anthony Balitaan

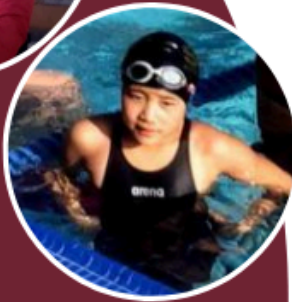
- 50M breast - 39.54
- 100M breast - 1:26.8

Aarav Narayan (coco)

- 50M free - 40.06
- 100M free - 1:32.62
- 50M back - 49.33
- 50M breast - 59.68
- 50M Fly - 56.43



FAR WESTERNS



Pacific Far Western Champs



Congrats to the SAC gold Pacific Swimming SC Far Western Champs Participants! We had 11 personal bests! 2 finalists and a consolation finalist! Wow!

- Lauren performed an amazing sweep of all dropped times for the meet. She earned herself six 2nd place finishes and one 1st place finish in the 100 free. Also want to congratulate Lauren on hitting some huge time goals including the sub minute in the 100 IM, sub 25 in the 50 free, and sub 4:30 in the 400 IM!!!! You're amazing young lady!
- Salina!!! Congrats on your finals swim in the 50 back

LONG COURSE SEASON OPENER



HOT DOG MEET update!

THANKS

LODI!



SACRAMENTO AQUATICS CLUB

We had fun at ... the HOT DOG MEET!

First meet swimmers

Congrats on your first SAC gold meet!

Welcome:

Kate



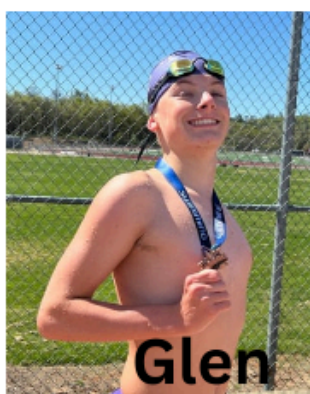
Ian

Adriano





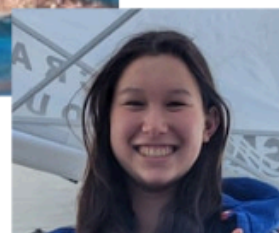
Congrats to our High School Champs Swimmers and Sections Qualifiers!



Glen
Mikayla



James



Marcus

From the bottom of my heart
Thank You

NOT SURE WHO'S IDEA IT WAS... BUT I
APPRECIATE YOUR THINKING OF ME.

I SUPPORT THIS TEAM BECAUSE I LOVE THE
FAMILIES AND CREW THAT MAKES IT HAPPEN!
YOU ALL ARE THE REASON. -THANK YOU.

*Amy
Bryles*



Safe Sport

RECOGNIZING AND REPORTING FIRST SIGNS OF ABUSE

THE U.S. CENTER FOR SAFESPORT RECENTLY POSTED AN ARTICLE ABOUT WHAT TO DO IF YOU SUSPECT CHILD ABUSE WITHIN YOUR CHILD'S SPORT SETTING. NO PARENT OR GUARDIAN WANTS TO CONSIDER THE POSSIBILITY THAT ABUSE CAN HAPPEN TO OUR KIDS. IT'S A SCARY AND OVERWHELMING THOUGHT, SO WE OFTEN AVOID IT. BUT PREVENTING ABUSE MEANS ACTING ON IT, NOT JUST AGREEING ABUSE IS BAD. THIS [ARTICLE](#) DETAILS WHAT TO DO IF YOU SUSPECT ABUSE.



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.



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](#)

[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 Summer LCM Qualifying Times](#)

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

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

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	1:11.44	Shara Sledge	4/10/2004	SWAT Spring Splash	50 Freestyle	1:19.54	Corabelle Jansen	4/10/2007	Statewide Age Group	50 Freestyle	1:11.14	Corabelle Jansen	4/10/2004	Shedden and Fellers
100 Freestyle	2:47.40	Shara Sledge	4/10/2004	Shedden and Fellers	100 Freestyle	2:14.25	Corabelle Jansen	4/10/2007	Statewide Age Group	100 Freestyle	1:59.47	Corabelle Jansen	4/10/2004	Old Town Triathlon
200 Freestyle					200 Freestyle	4:27.05	Corabelle Jansen	4/10/2007	Statewide Age Group	200 Freestyle	4:10.00	Corabelle Jansen	4/10/2004	Old Town Triathlon
400 Freestyle	7:54.47	Shara Sledge	4/10/2004	Shedden and Fellers	400 Freestyle	6:26.08	Corabelle Jansen	4/10/2007	Shedden and Fellers	400 Freestyle	4:46.48	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
800 Freestyle	17:04.40	Shara Sledge	4/10/2004	SWAT Spring Splash	800 Freestyle	14:14.44	Corabelle Jansen	4/10/2007	Shedden and Fellers	800 Freestyle	11:54.44	Aprilia Jansz	4/10/2004	Shedden and Fellers
1600 Freestyle	34:44.44	Shara Sledge	4/10/2004	SWAT Spring Splash	1600 Freestyle	27:00.00	Corabelle Jansen	4/10/2007	San Francisco	1600 Freestyle	23:04.44	Corabelle Jansen	4/10/2004	Shedden and Fellers
3200 Freestyle					3200 Freestyle	5:30.00	Corabelle Jansen	4/10/2007	Yuba Triathlon	3200 Freestyle	46:00.00	Corabelle Jansen	4/10/2004	SW Statewide Triathlon
1 Mile					1 Mile	10:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	1 Mile	11:14.44	Corabelle Jansen	4/10/2004	Shedden and Fellers
1.6 Mile					1.6 Mile	17:14.44	Corabelle Jansen	4/10/2007	Statewide Age Group	1.6 Mile	18:00.00	Corabelle Jansen	4/10/2004	SWAT Spring Splash
2 Mile					2 Mile	21:00.00	Corabelle Jansen	4/10/2007	Yuba Triathlon	2 Mile	24:00.00	Corabelle Jansen	4/10/2004	SW Statewide Triathlon
2.4 Mile					2.4 Mile	25:00.00	Corabelle Jansen	4/10/2007	Shedden and Fellers	2.4 Mile	28:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
3 Mile					3 Mile	30:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	3 Mile	34:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
3.2 Mile					3.2 Mile	34:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	3.2 Mile	38:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
4 Mile					4 Mile	42:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	4 Mile	46:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
4.8 Mile					4.8 Mile	48:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	4.8 Mile	52:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
5 Mile					5 Mile	52:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	5 Mile	56:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
5.6 Mile					5.6 Mile	58:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	5.6 Mile	62:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
6 Mile					6 Mile	62:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	6 Mile	66:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
6.4 Mile					6.4 Mile	66:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	6.4 Mile	70:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
7 Mile					7 Mile	70:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	7 Mile	74:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
7.2 Mile					7.2 Mile	74:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	7.2 Mile	78:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
8 Mile					8 Mile	78:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	8 Mile	82:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
8.8 Mile					8.8 Mile	82:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	8.8 Mile	86:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
9 Mile					9 Mile	86:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	9 Mile	90:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
9.6 Mile					9.6 Mile	90:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	9.6 Mile	94:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
10 Mile					10 Mile	94:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	10 Mile	98:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
10.4 Mile					10.4 Mile	98:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	10.4 Mile	102:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
11 Mile					11 Mile	102:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	11 Mile	106:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
11.2 Mile					11.2 Mile	106:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	11.2 Mile	110:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
12 Mile					12 Mile	110:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	12 Mile	114:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
12.8 Mile					12.8 Mile	114:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	12.8 Mile	118:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
13 Mile					13 Mile	118:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	13 Mile	122:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
13.6 Mile					13.6 Mile	122:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	13.6 Mile	126:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
14 Mile					14 Mile	126:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	14 Mile	130:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
14.4 Mile					14.4 Mile	130:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	14.4 Mile	134:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
15 Mile					15 Mile	134:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	15 Mile	138:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
15.2 Mile					15.2 Mile	138:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	15.2 Mile	142:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
16 Mile					16 Mile	142:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	16 Mile	146:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
16.8 Mile					16.8 Mile	146:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	16.8 Mile	150:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
17 Mile					17 Mile	150:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	17 Mile	154:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
17.6 Mile					17.6 Mile	154:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	17.6 Mile	158:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
18 Mile					18 Mile	158:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	18 Mile	162:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
18.4 Mile					18.4 Mile	162:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	18.4 Mile	166:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
19 Mile					19 Mile	166:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	19 Mile	170:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
19.2 Mile					19.2 Mile	170:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	19.2 Mile	174:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
20 Mile					20 Mile	174:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	20 Mile	178:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
20.8 Mile					20.8 Mile	178:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	20.8 Mile	182:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
21 Mile					21 Mile	182:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	21 Mile	186:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
21.6 Mile					21.6 Mile	186:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	21.6 Mile	190:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
22 Mile					22 Mile	190:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	22 Mile	194:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
22.4 Mile					22.4 Mile	194:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	22.4 Mile	198:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
23 Mile					23 Mile	198:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	23 Mile	202:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
23.2 Mile					23.2 Mile	202:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	23.2 Mile	206:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
24 Mile					24 Mile	206:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	24 Mile	210:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
24.8 Mile					24.8 Mile	210:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	24.8 Mile	214:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
25 Mile					25 Mile	214:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	25 Mile	218:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
25.6 Mile					25.6 Mile	218:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	25.6 Mile	222:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
26 Mile					26 Mile	222:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	26 Mile	226:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
26.4 Mile					26.4 Mile	226:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	26.4 Mile	230:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
27 Mile					27 Mile	230:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	27 Mile	234:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
27.2 Mile					27.2 Mile	234:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	27.2 Mile	238:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
28 Mile					28 Mile	238:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	28 Mile	242:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
28.8 Mile					28.8 Mile	242:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	28.8 Mile	246:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
29 Mile					29 Mile	246:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	29 Mile	250:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
29.2 Mile					29.2 Mile	250:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	29.2 Mile	254:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
30 Mile					30 Mile	254:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	30 Mile	258:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
30.4 Mile					30.4 Mile	258:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	30.4 Mile	262:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
31 Mile					31 Mile	262:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	31 Mile	266:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
31.2 Mile					31.2 Mile	266:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	31.2 Mile	270:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
32 Mile					32 Mile	270:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	32 Mile	274:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
32.8 Mile					32.8 Mile	274:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	32.8 Mile	278:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
33 Mile					33 Mile	278:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	33 Mile	282:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
33.2 Mile					33.2 Mile	282:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	33.2 Mile	286:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
34 Mile					34 Mile	286:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	34 Mile	290:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
34.4 Mile					34.4 Mile	290:00.00	Corabelle Jansen	4/10/2007	Statewide Age Group	34.4 Mile	294:00.00	Corabelle Jansen	4/10/2004	Highly Aquatic Nationals
35 Mile					35 Mile									

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

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!