



July 2024 Newsletter



PRACTICE TIMES - until Aug 26th

Bronze Group:

M-F 10:30–11:30AM

Sat 10:00-11:30AM

Silver Group:

M-F 9-10:30AM

Sat 10:00-11:30AM

Gold Group:

M-F 7:00-9:00AM pool time

M/W/F dryland 9:00-9:30AM

Sat 8:00-10:00AM

Parents Group (inquire for fee to join):

6:00-7:00am for parents M/W/F

Evening Practice for ALL Groups:

(if you can't make the day practice)

5:30-7:30

Swim Break: (No practices)

August 17-25th

Yellow star: Saturdays of most 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

**SOME BUSINESS - WE NEED YOUR INPUT FOR
ONE UPCOMING MEET ASAP. SEE BELOW
LINKS/QR CODES TO COMPLETE YOUR
SURVEY!!!!**

Summer is half way done and LONG COURSE CHAMPS ARE HERE! We need some info ASAP
from you Please READ BELOW WE NEED RESPONSES by the 3rd!



Champs Relay Availability Survey!
Please Fill out before the 3rd!

Interested in being in a relay at champs?
Fill out this survey via QR code above or at the link below, to help
us plan our relays. **RETURN REPLY BY JULY 3rd!!!!** TERRY and the
LODI coaches need this info ASAP!:

https://docs.google.com/forms/d/e/1FAIpQLSdRG6BVWbnApckAG42U9ki06AJahKkOFrNqQ4-A1O5RzgydCA/viewform?usp=pp_url

From July 11-14, 2024, Sierra Nevada Swimming (SNS) will hold the 2024 Bill Rose Classic (SNS Long Course Championships) at the Elk Grove Aquatics Center and hosted by the Elk Grove Aquatics Club (EGAC). Below is a link to the event page.

Please take note of the following information from the Meet Announcement:
Online entries will open once results from the Last Chance Meet (June 28-30, 2024) have been submitted to the SNS Registrar and posted to Swim Connection

Online entries must be received before 11:59 PM, SATURDAY, JULY 6, 2024

Relay entries must be received before 11:59 PM, SUNDAY, JULY 7, 2024



EGAC Bill Rose Classic 2024



Champs Qualifiers

Meet us at the pool
Saturday July ***? at
***?

for a qualifiers treat?
and cap?/shirt? handout
and a coach's pep talk!

Make sure to get lots of rest. hvdration and some

CHAMPS QUALIFIERS

Sophia(Lizzie)Roxas

Salina Koum

Addie Smith

Madison Crowder

Maiya Koum

Franciella Balitaan

Drew Baker

Aarav Narayan

Lana Appleby



Oleksiy Pennington

Lauren Lonsdale

Reynaldo Roxas

Anthony Balitaan

Andrew Nguyen

Mikayla Magri

Parker Broyles

Jasmine Liang

Joie Lu

If I missed you and you should be on the above list please let us know!

WOODLAND POOL

TRIALS/FINALS MEET

JULY 21ST - 22ND

4 Team meet for 18 and under swimmers:

~\$40/swimmer

~7AM-3PM Sat and Sunday

SCY shorter distance events

Events similar to those in to Recreational finals.

Host team working on getting appropriate times to qualify. Times may not be USA swim approved. (TBD)

Awards for high point finalists



RATE INCREASE COMING...

SAC

SACRAMENTO AQUATICS CLUB



We want to give families a heads up that a rate increase is coming in September. It has been multiple years since Terry has had a raise. Terry continues to work well below the rate other coaches are receiving, as the growth of the program has always been his #1 priority. The board feels strongly that it's time we give back. Additionally, we are setting a small portion of this increase aside to go directly back to the swimmers for "team unity gear." We'd like to look a bit more uniform to build some team spirit. Different items will be ordered for the team in bulk. This price raise will be seen in your September 1st dues. It is 25\$/swimmer with the same multi swimmer family discount percentages as was in place prior. For our families receiving/needing financial assistance, you will receive an additional email with more information.

-THE BOARD

Parking...

CRC has agreed to let us purchase semester parking permits in bulk! Summer parking permits good from now through August 23rd.

Permits ordered will be available in Terry's office soon.

Here's your July Calendar

A rough, rough draft of August... Sorry July is always busy.

August

2024

board meeting
Time TBD?

Practice Schedule July - Aug 17th

The Bronze Group:

M-F 10:30-11:30AM

Sat 10:00-11:30AM

The Silver Group:

M-F 9:10-10:30AM

Sat 10:00-11:30AM

The Gold Group:

M-F 7:00-9:00AM pool time

M/W/F dryland 9:00-9:30AM

Sat 8:00-10:00AM

Parents group (enquire for fee to join):

4:00-7:00am for parents M/W/F

Evening Practice: (if you can't make the day practice)

5:30-7:00 - All Groups

Saturdays of meet weekends

All Groups 8:00-9:30 AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
				SN WESTERN ZONES AUGUST 7-10, 2024 AT THE IDAHO CENTRAL AQUATIC CENTER IN BOISE, IDAHO		
11	12	13	14	15	16	17
					  Team photo and end of summer BBQ	Swim Break?
18	19	20	21	22	23	24
	SCUSD is ... 					
		Swim Break?				

Here is a very rough draft of things coming in September. We have not made final plans on meets we're attending but just to give you a peek at what maybe coming...

September

2024



Practice Schedule July - Sept 6th

The Bronze Group:
M-F 4-5PM
Sat 10:30-11:30AM
The Silver Group:
M-F 5-6:30PM
Sat 9:00-10:30AM
The Gold Group:
M-F 6:30 - 8:30PM pool time
M/W/F dryland 4:00-6:30PM
Sat 8:00-10:00AM
Parents group (enquire for fee to join):
5:30-7:00am for parents M/W/F
Morning Practice: 5:30-7:00 - All Groups

Saturdays of meet weekends

All Groups 8:00-9:30 AM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Open Water Swim
15 Lodi Hot Dog Meet	16	17	18	19	20	21 Fall Swim Trials Invite? @ Rio
22	23	24	25	26	27	28



We're heading back to plain old SAC aquatics soon! We'll need a new cheer or a fix to this one... Any ideas..? Let me know if you think of anything. We are we are Sac Aquatics Club, Sac Aquatics Club??? S... A.... C?



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



This month, our SafeSport message is about using technology in a responsible way. Digital citizenship is appropriate, responsible behavior when using technology. This includes social media, websites, online forums, communities, comments, and in apps and other device features. Teaching children and teens digital citizenship skills can help to prevent cyberbullying and its negative effects. You can read more about how to teach kids about online safety and responsibility at [StopBullying.gov](https://www.stopbullying.gov).



TEAM STORE IS STILL OPEN!

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

TEAM ACCESS CODE: 19722

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

HAPPY BIRTHDAY TO OUR JULY BIRTHDAY SWIMMERS!



Happy July Birthdays!

- **Jason turns 15 on the 3rd**
- **David turns 15 on the 13th**
- **Olivia turns 12 on the 16th**
- **Franciella turns 7 on the 17th**
- **Akith turns 16 on the 20th**
- **Lana turns 13 on on the 26th**
- **Isabel turns 13 on the 29th**

Note: Meets fill 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.

Please note this Schedule will be updated soon. Likely after the next board meeting after the SNS league finalizes the upcoming season’s schedule.

UPCOMING ACTIVITIES



SACRAMENTO AQUATICS CLUB

CRC SHORT COURSE NON SANCTIONED METERS MEET!

July 1st
No regular AM
practice



Meet warm ups begin 4PM
and meet begins at 5PM



MEET INFORMATION :

Recreational and US teams to attend

Parents please be available to assist with
timing and or snack bar volunteering shifts.



Happy fourth of July!!!!





SACRAMENTO AQUATICS CLUB

2024
TEAM PHOTO

AND

*End of Long Course
Season Awards*

AUG 16 | FRIDAY
5 PM

**CRC POOL: PHOTO FIRST, POOL
PARTY AND AWARDS AFTERWARD**

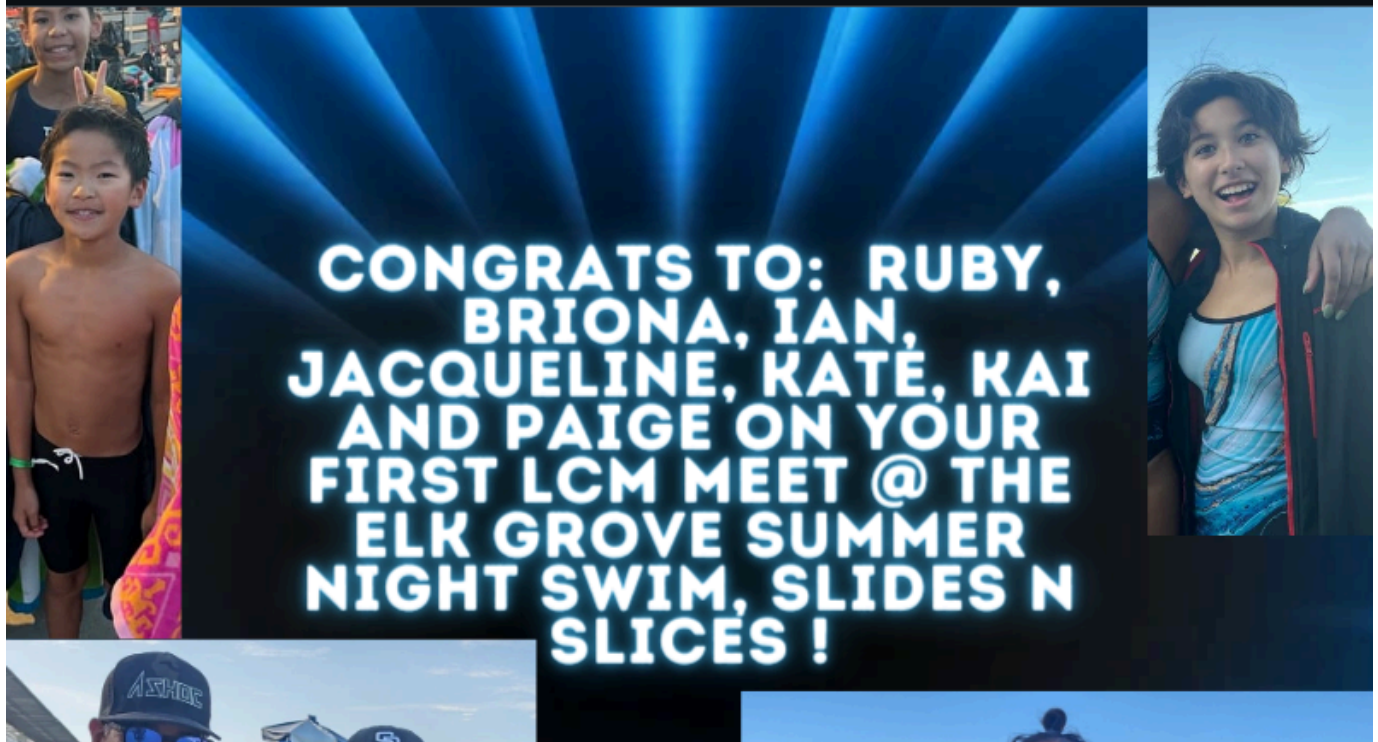
BRING A DISH TO SHARE

PAST MONTH'S ACTIVITIES

12 and Under movie night



CONGRATS TO...



June Record Breakers - WOW That's a lot of Records!

JUNE SAC RECORD BREAKERS

Anthony Balitaan

- 50M Breaststroke - 37.84
-

Lauren Lonsdale

- 400M Freestyle - 4:27.51
- 100M Breaststroke - 1:14.84
- 50M Breaststroke - 35.98
- 50M - Butterfly - 30.42
- 200M - Butterfly - 2:32.92
- 100M - Backstroke - 1:08.46

Bonner, Nyla

- 50M Freestyle - 30.81
- 100M Freestyle - 1:08.74
- 50M Breast stroke 43.38

Reynaldo Roxas

- 100M Backstroke - 1:22.96
- 400M Freestyle -5:17.37

Maiya Koum

- 100M Breaststroke - 1:56.96

LCM FAR WESTERN QUALIFIERS



Elk Grove Slides and Slices



Summer Sanders



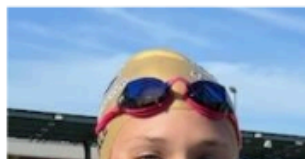
FUTURES CHAMPIONSHIPS

2024 TIME STANDARDS

WOMEN		18 & U	MEN	
SCY	LCM		LCM	SCY
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69

**Lauren
Lonsdale**

12Y/O - CHECKING OFF MORE
FUTURES CUTS AT SUMMER
SANDERS. GREAT SWIMS!





*Way to represent
at Summer Sanders*

Mel Enze Memorial Meet in Lodi

(Looking good Smit!)



Congrats on the...

New champs times	Salina Koum , Madison Crowder, Aarav Narayan (coco) , Lana Appleby , Izzy Weatherall , Reynaldo Roxas, Mikayla Magri , Thea Baker , Joie Lu, Drew Baker, Sophia Iringan , Andrew Nguyen, Sophia (Lizzie) Roxas, Addie Smith, Izzy Weatherall
New far western times	Salina Koum , Lana Appleby, Mikayla Magri , Reynaldo Roxas
New A times	Salina Koum , Sophia Iringan, Reynaldo Roxas, Evan Leu, Sofia Casanova-Andrade, Sophia (Lizzie) Roxas, Izzy Weatherall
New team record	Lauren Lonsdale , Reynaldo Roxas, Evan Leu, Maiya Koum, Joie Lu, Nyla Bonner, Drew Baker

Woodland Last Chance

I didn't get many photos. But congrats to some stand outs!

Addie S. for qualifying for Far Westerns with a huge 200M Free Swim



Welcome Kyla D!!! And congrats on the 50M Free Far Westerns time and the 9 new champs times and 4 A-times! We're happy to have you on the TEAM!

(I'll get your photo here soon!)

Congrats Briona T on making champs in the 50 breast at the LAST CHANCE MEET!



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](#)

[2024 CA/NV Speedo Sectionals](#)

[2024 US Olympic Team Trials](#)

[2024 Summer National Times](#)

[2024 Futures Time Standards](#)

[2024 Western Zone Senior Time Standards & Bonus Times](#)

[2024 AG Western Zone Times \(Use AAA times\)](#)

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

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

[2024 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

Do you know our coaches?

Head Coach Terry Peyton



Assistant Coach Gus Nicola



Assistant Coach Jose Bonner



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!