



May 2025 Newsletter

Practice Schedule Through 05/11

Bronze: Monday – Friday 5:15–6:15 p.m. @ Parkway

Silver: Monday – Friday 5:15–6:45 p.m. @ Parkway

Gold/Platinum: Monday – Friday 6:45–8:30 p.m. @ Parkway

Dryland Practice: Tues/Thurs: 6:00–6:45 p.m.

.LCM practice: M/W 4–6pm @ Clunie // Friday 4:30–6:30 pm @ Clunie

Saturday 7–9 am @ Clunie

Saturday Open SCY Practice: 9:00–10:30 a.m. @ Parkway

Practice Schedule Starting 05/12

Bronze: Monday – Friday 3:45 – 4:45 @ Parkway

Silver: M/W/F 3:45 – 5:15 @ Parkway // Tues/Thurs 4:45–6:15 @ Parkway

Gold/Platinum: Tues/Thurs 6:15–8:15 @ Parkway // Dryland 5:30–6:15 @ Parkway

LCM practice: M/W 4–6pm @ Clunie // Friday 4:30–6:30 pm @ Clunie

Saturday 7–9 am @ Clunie

Saturday Open SCY Practice: 9:00–10:30 a.m. @ Parkway

For the month of May:

Early AM practice and Parents group:

(Morning group is available for all swimmers)

5:30–7:00am Tuesday/Thursday @ Parkway

5:30–7:30 am Monday/Wednesday/Friday @ EGAC

Parents fee: 10 swims for \$40 or \$60/mo

****schedule subject to change



May 2025 SafeSport Message

Be a Good Sport! Good sportsmanship helps us learn empathy, self-control, and respect. Create a positive culture on your team! Truly putting athlete well-being first, empowering parents with the right questions to ask, and taking the time to recognize the work that many coaches put in every day to build strong teams is ultimately how we build healthy culture. Go to the [U.S. Center for SafeSport](#) to learn more.



Congratulations to the three **Sacramento Aquatics Club swimmers** that were recognized as a **2023-2024 Sierra Nevada Scholar-Athlete** because of their academic achievements and dedication to the sport of swimming.

To be eligible for this award, Sierra Nevada Athletes had to have been in the 9th, 10th, 11th or 12th Grade during the 2022-2023 academic year with a minimum GPA of 3.25 or higher.

Brandon Hillstrom, Eleanor Ramsey, and Raleigh White



Congratulations to
Parker Broyles, Madison McEntee,
and Lauren Lonsdale!!

Our three swimmers are 3 of the 40 of Sierra Nevada's Top Age Group
Athletes who were invited to participate in the 2025 SNS Age Group
Select Camp on Saturday, May 10, 2025 at the Roseville Aquatics
Complex (Roseville, CA)



Congratulations to Lauren Lonsdale!!

Lauren was selected to attend the 2025 Zone Select Camp in Tempe, AZ June 5-8. Zone Select Camps bring the top swimmers in each zone together for a unique motivational experience. Lauren will be one of sixty swimmers from the Western and Central Zone to participate. The fastest available male and female swimmer from each of the 14 Olympic events were selected for the camp.

Hot Dog Meet

April 13, 2025

Lodi, CA



Splash into Spring @ EGAC

April 12-13, 2025



2025 TYR Pro Swim Series

April 2-6, 2025



SCY Far Western Champs



April 3-6, 2025

Pac Swim LCM @ Terrapins

April 26-27, 2025



Google Calendar

< > Apr 2025 ▾								
SUN 30	MON 31	TUE Apr 1	WED 2	THU 3	FRI 4	SAT 5		
		5:30am AM Pi 2 more	5:30am AM Pi 3 more	Far Western Championships (Short Course) 3 more			3 more	
6	7	8	9	10	11	12		
Far Western C	5:30am AM Pi 3 more	5:30am AM Pi 3 more	5:30am AM Pi 2 more	5:30am AM Pi 2 more	5:30am AM Pi 2 more	EGAC Splash 8am Combine		
13	14	15	16	17	18	19		
EGAC Splash Hot Dog Meet	5:30am AM Pi 2 more	5:30am AM Pi 3 more	5:30am AM Pi 2 more	No AM Practic 2 more	No AM Practic 5:15pm Bronze	No EGAC afte 2 more		
20	21	22	23	24	25	26		
	5:30am AM Pi 3 more	5:30am AM Pi 3 more	5:30am AM Pi 2 more	5:30am AM Pi 3 more	5:30am AM Pi 2 more	Coach's Meet 2 more		
27	28	29	30	May 1	2	3		
Terrapins Me	5:30am AM Pi 3 more	SAC Board Me 4 more	5:30am AM Pi 3 more	Coach Terry's 4 more	5:30am AM Pi 2 more	7am Silver/Go 10am SCY pra		
sacramentoaquatics@gmail.com GMT-07							+	

Happy May Birthdays!

Yuhan L. turns 15 on May 2

Kayla I. turns 17 on May 2

Paige V. turns 14 on May 5

Elijah L. turns 10 on May 13

Eliana L. turns 10 on May 13

Ian N. turns 11 on May 14

Raleigh W. turns 16 on May 15

Masselin N. turns 15 on May 25

Nyla B. turns 16 on May 25

April H. turns 14 on May 26

Selorm S. turns 14 on May 30

Donovan P. turns 15 on May 30

Record Breakers for 24/25 Short Course Season ...So Far

SAC records

Sebastian Marshall
200 Breaststroke 4:27.36

Uriah Kellogg
500 Freestyle 9:31.71

Drew Baker
25 Freestyle 15.13
25 Backstroke 15.11
25 Breaststroke 20.67

Salina Koum
25 Backstroke 16.49
25 Butterfly 14.72

Lizzie Roxas
1000 Freestyle 12:54.97
1650 Freestyle 21:49.92

Lauren Lonsdale (11-12)
50 Freestyle 24.04
100 Freestyle 52.28
200 Freestyle 1:51.13
500 Freestyle 4:55.02
1000 Freestyle 10:14.51
1650 Freestyle 17:19.20
50 Butterfly 26.91
100 Butterfly 58.92
200 Butterfly 2:11.46
100 Backstroke 58.36
200 Backstroke 2:04.21
50 Breaststroke 31.10
200 IM 2:06.38
400 IM 4:25.89

Reynaldo Roxas
200 Butterfly 2:20.02 (11-12)
200 Butterfly 2:17.22 (13-14)
400IM 4:58.51
200 Freestyle 2:01.56

Parker Broyles
400 IM 5:01.37
200 Freestyle 2:09.68
500 Freestyle 5:34.11
1000 Freestyle 11:30.82
1650 Freestyle 18:49.28
100 Butterfly 1:04.99

Madison McEntee
200 IM 2:21.31
50 Butterfly 27.12
100 Butterfly 1:01.41
50 Backstroke 29.05
100 Backstroke 1:01.92
200 Backstroke 2:15.01

Mikayla Magri
50 Breaststroke 32.45

Wesley Ng (9-10)
200 Backstroke 2:46.26

Jasmine Liang (13-14)
200 Breaststroke 2:40.25

Sophia Iringan
200 Freestyle 2:06.06

Evan Lu
200 Breaststroke 2:31.92

Gabriel Grauman
200 Breaststroke 2:32.90
200 IM 2:17.94
100 Butterfly 1:00.65

Katie Le
200 IM 2:14.85
100 Freestyle 56.57
200 Freestyle 2:01.91
100 Butterfly 1:02.23
100 Backstroke 1:00.76
200 Backstroke 2:18.67
100 Breaststroke 1:08.09
200 Breaststroke 2:28.38

David Price
100 Backstroke 56.93
200 Backstroke 2:11.61
Brandon Hillstrom
200 Freestyle 1:51.70

Cayden Wiley
200 Freestyle 1:51.87

Nyla Bonner
100 IM 1:06.33
50 Freestyle 26.64
100 Freestyle 58.02
50 Butterfly 28.42

James Pitcock
100 Butterfly 56.79

Brandon Hillstrom
100 Freestyle 49.52
200 Freestyle 1:50.64
100 Butterfly 55.7

Lauren Lonsdale (13-14)
50 Freestyle 23.83
100 Freestyle 51.21
200 Freestyle 1:50.22
500 Freestyle 4:49.97
1000 Freestyle 10:23.08
200 IM 2:01.81
400 IM 4:19.40
100 Breaststroke 1:05.17
200 Butterfly 2:09.15
200 Backstroke 2:01.81

Record Breakers for 24/25 Long Course Season ...So Far

[SAC records](#)

Wesley Ng (9-10 Boys)

50 Freestyle 34.37

100 Backstroke 1:25.58

Lauren Lonsdale (13-14 Women)

50 Freestyle 26.93

100 Freestyle 58.21

200 Freestyle 2:08.88

400 Freestyle 4:21.10

50 Butterfly 29.45

200 Butterfly 2:27.07

200 IM 2:16.66

400 IM 5:01.25

Madison McEntee (13-14 Women)

100 Backstroke 1:15.57

200 Backstroke 2:39.86

Reynaldo Roxas (13-14 Men)

50 Butterfly 31.22

David Price (15-16 Men)

100 Backstroke 1:08.06

50 Butterfly 29.12

Evan Leu (15-16 Men)

200 Backstroke 2:48.65

Meet Schedule

Date	Name of Meet	LCM/SCY	Location	Qualifying Times required	Team/optional meet
May 16-18	Spring Classic	LCM	Charles Brooks Aquatic , Woodland, CA	no	team
May 24-25	Tiger Meet	LCM	UoP Aquatic Center, Stockton, CA	no	team
June 6-8	Summer Sanders	LCM	Roseville Aquatic Center, Roseville, CA	yes	
June 14	EGAC Slides & Slices	LCM	Elk Grove Aquatic Center, Elk Grove, CA	no	
June 14	Woodland Distance Meet	LCM	Woodland, CA	no	
June 20 - 22	Rumble on the River	LCM	Redding, CA	no	
June 27 - 29	Woodland Last Chance	LCM	Charles Brooks Aquatic, Woodland, CA	no	team
July 17-20	Bill Rose LCM Champs	LCM	Roseville Aquatics Center, Roseville, CA	yes	team
July 17-20	Speedo Sectionals	LCM	Novato, CA	yes	
July 23-26	Futures	LCM	Natomas, CA	yes	
July 30-Aug3	Junior Nationals	LCM	Irvine, CA	yes	
July 31 - Aug 3	Far Western LCM		Santa Clara	yes	



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.

The store is open, our logos have returned
to SAC Aquatics Club. Login to purchase
team gear !

Do you know our coaches?

**Head Coach
Terry Peyton**



**Assistant Coach
Jeremy Phen**



**Assistant Coach
Jose Bonner**



**Assistant Coach
James Pitcock**



TIME STANDARDS

What is an A-time???

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.

[2025-2028 Sierra Nevada Swimming Championship \(JO\) Times](#)

[2024-2028 USA motivational time standards](#)

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

[Holiday Swim Festival 2024 qualifying times](#)

[Folsom Classic Meet Sheet with Qualifying times](#)

[SN JR+ Time Standards \(at least one of these times are required for WAC meet in Sept\)](#)

[PAC swimming time requirements \(see Sr 2 times for Pleasanton meet\)](#)

[2025 Short Course Far Westerns Time Standards](#)

[2025 Short Course Far Westerns BONUS Time Standards](#)

[2025 Long Course Far Westerns Time Standards](#)

[2025 Long Course Far Westerns BONUS Time Standards](#)

[SWAGR QUALIFYING TIMES 2025](#)

[2024 CIF State Meet Consideration & Automatic Times](#)

[2024 CA/NV Speedo Sectionals](#)

[2024 Futures Time Standards](#)

[Winter Nationals](#)

[2024 Summer National Times](#)

[2024 US Olympic Team Trials](#)

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 their 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 used 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**](#)

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

Board Members:



Terry Peyton
Coach



Bill Lonsdale
President
sacramentoa
quatics@gmail
l.com

Vice President
& Meet
Volunteer
Coordinator



Andrea
Pitcock:
Membership
sacsailfishreg
istrar@gmail.
com



Mina White:
Treasurer &
Safe Sport
Coordinator
treasurersac
aquatics@g
mail.com



Tascha
Weatherall
Activities
Chair &
Fundraising
Coordinator
/Interim
Secretary

Secretary



Karen
Lonsdale:
New
Swimmer/
Parent
Liaison



Leslie Roxas:
Member at
large/Apparel
and team
bonding
equipment
coordinator

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!

Looking to donate to the team? Here is a QR code and website link for direct donation - Any amount of donations are welcome and will be used for:

team equipment and supplies, extra practice times at LCM pools and pool rental fees, fun activities for all of our swimmers, and team membership fees for swimmers in need of financial assistance.



<https://square.link/u/fxzbkUwa>