



# June 2025 Newsletter

# Practice Schedule for June

June 1 – 13

AM's Mon-Fri: 5:30–7:00 a.m. @ CRC

Bronze Mon-Fri: 4:00 – 5:00 p.m. @ CRC

Silver Mon-Fri: 5:00 – 6:30 p.m. @ CRC

Gold/Plat Tues/Thurs: Dryland Training = 5:45 – 6:30 p.m. Tues/Thurs @ CRC.

Pool time = 6:30 – 8:30 p.m. Tues/Thurs @ CRC.

LCM @ Clunie (Gold/Plat/Silver/Brz): Mon/Weds 4:00–6:00 p.m. and 4:30–6:30 p.m. on Friday.

June 16– June 30

Clunie: Tuesday–Friday 7am–9am gold silver

CRC: 7am–9am gold, 9am–1030am silver, & bronze

CRC : 4pm–5pm bronze, 5pm–630pm silver 630pm–830pm gold

Dryland MWF, 545pm–630pm

Saturday 9am–1030am combined for all of June

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

\*\*\*\*schedule subject to change



## **June 2025 SafeSport Message**

**Connecting with other sports fans online on social media or in chats can make sport fun! But it is important to keep our posts respectful. Help create a positive sport environment with these tips:**

***Ignore negative posts* - The more attention a post gets, the more likely it is an athlete will see it and be hurt or distracted**

***Be respectful* - You can root for your team, disagree with another fan, or criticize a DQ without insulting anyone**

***Support positivity* - Post the best of sport online - comments encouraging athletes, videos of athletic feats, and stories about good sportsmanship**

# High School Sections



# Meet Recap for May

Woodland Spring Splash @ Woodland May 16-18

45 Swimmers swam in 291 races over 3 days

Tiger Memorial Meet @ UoP May 24-25

18 swimmers swam in 114 races over 2 days

Intermountain Classic @Carson City May 23-25, 2025

3 swimmers swam in 30 races over 3 days

Firecracker 500 @ Morgan Hill May 23-25, 2025

2 swimmers swam in 5 events over 3 days

# Other fun stuff

Tri for Fun @ Folsom Lake  
May 11, 2025



Cal Swim Camp  
May 31-June 1





# 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.

# Calendar



# *Happy June Birthdays!*

Amelia Healy turns 12 on June 23

Adriano Jenkins turns on June 11

Maiya Koum turns 10 on June 17

Salina Koum turns 12 on June 23

Brayden Lai turns 14 on June 26

Zander Leu turns 13 on June 29

Yuhan Li turns 15 on June 2

# 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 1:06.51  
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  
100 Freestyle 49.00  
200 Freestyle 1:47.83

Nyla Bonner  
100 IM 1:06.33  
50 Freestyle 25.54  
100 Freestyle 58.02  
50 Butterfly 28.42

James Pitcock  
100 Butterfly 56.79

Brandon Hillstrom  
100 Freestyle 47.58  
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

Marcus Yates  
50 Freestyle 21.59

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

[SAC records](#)

Wesley Ng (9-10 Boys)

50 Freestyle 33.66

100 Backstroke 1:24.74

Lauren Lonsdale (13-14 Women)

50 Freestyle 26.93

100 Freestyle 58.19

200 Freestyle 2:06.69

400 Freestyle 4:21.10

100 Backstroke 1:06.69

200 Backstroke 2:21.19

100 Breaststroke 1:15.52

200 Breaststroke 2:42.33

50 Butterfly 29.45

100 Butterfly 1:07.99

200 Butterfly 2:27.07

200 IM 2:16.66

400 IM 4:51.92

Madison McEntee (13-14 Women)

50 Backstroke 35.21

100 Backstroke 1:15.57

200 Backstroke 2:39.86

Reynaldo Roxas (13-14 Men)

50 Butterfly 31.22

100 Freestyle 1:02.83

200 Freestyle 2:19.93

50 Backstroke 36.83

200 Butterfly 2:41.06

David Price (15-16 Men)

50 Backstroke 30.43

100 Backstroke 1:06.9

50 Butterfly 29.12

100 Butterfly 1:02.97

Evan Leu (15-16 Men)

200 Backstroke 2:48.65

Ethan Downing (13-14 Male)

50 Breaststroke 37.94

Nikolas Le (13-14 Male)

200 Backstroke 2:50.48

Ruby McKinney (15-16 Female)

200 Freestyle 2:27.78

100 Butterfly 1:20.81

Katie Le 15-16 Female

100 Backstroke 1:13.30

100 Breaststroke 1:22.05

200 Breaststroke 2:52.66

Evan Leu (15-16 Men)

200 Backstroke 2:41.36

Brandon Hillstrom (17-18 Men)

50 Backstroke 30.97

50 Butterfly 27.49

100 Butterfly 1:02.86

Eric Lu (17-18 Men)

100 Backstroke 1:12.33

# Meet Schedule

Date	Name of Meet	LCM/SCY	Location	Qualifying Times required	Team/optional meet
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	

# Do you know our coaches?

**Head Coach  
Terry Peyton**



**Assistant Coach  
Jeremy Phen**



**Assistant Coach  
Sarah**



**Assistant Coach  
Jose Bonner**



**Assistant Coach  
James Pitcock**



## Meet our new Asst. Coach

Hi everyone, although I'm sure many of you have seen or met me on deck I wanted to formally introduce myself if I haven't had the chance to meet you individually yet. Your swimmers will know me as Coach Sarah but my experience with Sacramento Aquatics started as a swimmer under Coach Terry. I followed Terry when he moved to from Laguna Creek to Parkway and have swam with him for around six years. I also coached with Terry the summer before my senior year of high school and have spent many hours at that pool, so I completely understand the excitement to be back at CRC. During my time on the team, Coach Terry helped me reach my personal swimming goal of competing at the collegiate level. I recently graduated from UC Santa Cruz where I was part of the Swim and Dive Team for 3 1/2 years, not including COVID, and received my B.A in Intensive Psychology. Since returning to the Sacramento area I had the opportunity to coach with the CRC Swim Team and watch Coach James' incredible freshman season. In that position I helped plan out the weights and dry land program and am looking forward to bringing those skills into the dry land workouts for the current Gold and Platinum swimmers. I'm so excited to be back on the pool deck with this team to help your swimmers reach their own goals! In this role, I hope to cultivate a positive community for your athletes. I understand the dedication it takes to show up everyday, the up's and down's of the sport, and the additional stressors your athletes may be facing with school, additional extra curriculars, etc. I believe that this sport doesn't just create great athletes, it creates great individuals with skills they can use far beyond the pool deck. Thank you for taking the time to read this, I'm looking forward to meeting you all if I haven't already and will see your swimmer on deck soon!

# **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



**Jose Bonner**  
Vice President  
& Meet  
Volunteer  
Coordinator



**Andrea Pitcock**  
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**Mina White**  
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**Tascha  
Weatherall**  
Secretary

**Kristi Malicsi**  
  
Activities



**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>



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 !