



July 2025 Newsletter

Practice Schedule for July

****schedule subject to change

AM practices

Clunie: Tuesday-Friday 6:45am-8:45am Gold/Silver

CRC: Monday: 6-7a Parent Swim 7-9a Gold, 9-10:30a Silver, 10:30-11:30a Bronze

Tuesday - Friday 9:30am-11:00am Silver & Bronze

PM practices

CRC : Monday - Friday 4pm-5pm Bronze

5pm-6:30pm Silver

6:30pm-830pm Gold/Platinum

Dryland MWF, 5:45pm-6:30pm

Saturdays in July

July 5: Clunie 7-9a Gold/Silver, CRC 9-10:30a Bronze/Silver

July 12: Clunie 7-9a Gold/Silver, CRC 9-10:30a Bronze/Silver

July 19: CRC 9-10:30a Combined all groups

July 26: Clunie 7-9a Gold/Silver, CRC 9-10:30a Bronze/Silver

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

****schedule subject to change

Reminders/New Info from the Board

New Drop Policy beginning September 1

Swimmers who wish to cancel their membership must submit the drop form at least 15 days before the first of the next month, otherwise they will be billed for the upcoming month. Exceptions are made for medical reasons.

Re-Enrollment: If a swimmer chooses to return to the team, swimmers will be charged the registration fee (\$100). Any unpaid dues from previous membership must be paid in full before returning to the team. Re-enrollment is contingent upon space availability within the appropriate training group, and is not guaranteed.

Timing Shifts during meets

Just as a reminder – we are required to fill all assigned timing shifts and need help from **all** SAC families to cover these shifts. If you are attending the meet on a day your swimmer is competing, please sign up for a timing shift.

Need a New Cap?

Your swimmer should have received a SAC swim cap when they joined the team. If your swimmer needs a replacement swim cap or you would like an extra one, please use this form to order. You will be invoiced for \$10 for each cap:

<https://forms.gle/RUsWJ3EFKZUqfaBT8>

Coach's Office Hours

Beginning the week of July 7, Coach Terry's Office Hours are changing to **Tuesday 6-7p.**

Sign ups will be available on Coach's Office Window. Please do not sign up for more than two 15 minute time slots at a time.



July 2025 SafeSport Message

How are you showing respect and being a good sport?

Shaking hands with my opponent

Competing fairly and with integrity

Supporting teammates who make mistakes

Reacting to calls calmly and respectfully, even if I disagree

Remember - Good sportsmanship is just as important as winning!

Meet Recaps for June



Summer Sanders LCM SR+ Meet
June 6-8, 2025
9 swimmers in events
15 new best times
6 entries into finals



Woodland Distance Time Trials
June 14, 2025
4 swimmers swam in 5 events



**EGAC Summer Night Swim,
Slides, and Slices**
June 14, 2025
37 swimmers swam 127 races!



Rumble by the River Trials and Finals
June 20 - 22, 2025
22 swimmers earned
44 new personal best times
82 finals swims



**NVST Last Chance AG
Champs Summer Plunge**
June 21 - 22, 2025
2 swimmers swam 14 events



Woodland Last Chance Qualifier
June 27 - June 29, 2025
40 swimmers swam 308 races!
Soooo many personal best times



Rumble by the River



Woodland Last Chance 12 & U



Some of Our
Newest Swimmers



Summer Sanders



Woodland Last Chance 13+



EGAC Slides and Slices

Google Calendar

Did you know you can add the calendar to your phone for easy access? Click on this link from your phone to access it:

<https://calendar.google.com/calendar/ical/sacramentoaquatics%40gmail.com/public/basic.ics>

<div> <div><</div> <div>></div> <div>Jun 2025</div> <div> <div></div> <div></div> </div> </div>						
SUN Jun 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
	5:30am AM Pi 3 more	5:30am AM Pi 4 more	5:30am AM Pi 3 more	Coach Terry @ USA Zone Select Camp 6 more		
8	9	10	11	12	13	14
Coach Terry @ Summer Sand	5:30am AM Pi 3 more	5:30am AM Pi 4 more	5:30am AM Pi 3 more	Coach Terry's 5 more	5:30am AM Pi 3 more	*Distance Me 3 more
15	16	17	18	19	20	21
	Summer Sche 6 more	7am Gold/Pla 5 more	7am Gold/Pla 6 more	Coach Terry's 6 more	Rumble on the River LCM - R 7 more	
22	23	24	25	26	27	28
Rumble on the	7am Gold/Pla 5 more	SAC Board Me 6 more	7am Gold/Pla 6 more	Coach Terry's 6 more	Last Chance Qualifier Meet - 7 more	
29	30	Jul 1	2	3	4	5
Last Chance C	7am Gold/Pla 5 more	Board Meetin 6 more	7am Gold/Pla 6 more	Coach Terry's 6 more	AM 4th of Jul 8am AM Prac	7am LCM Prai 9am SCY prac
sacramentoaquatics@gmail.com GMT-07						



Happy July Birthdays!

Coach Jeremy turns ?? on July 5

Niko Le turns 15 on July 10

David Price turns 16 on July 12

Emily Zhu turns 13 on July 13

Uriah Kellogg turns 8 on July 25

Isabel Weatherall turns 14 on July 29

Just for Fun

Some swimmers are participating in a Kids Triathlon on July 13. This is not a team event, but if you want to join in the fun, details and a registration link are below.



TRI for Kids Triathlon #2

For event details, please refer to: <https://www.active.com/herald-ca/triathlon/races/tri-for-kids-triathlon-2-2025-102151203>



TRI for KIDS Triathlon #2

Rancho Seco Park, Herald

The TRI for KIDS Triathlon will be held at Rancho Seco Park in Herald, California. The course will have a 50 meter or 150 meter swim, a four mile bike, and a one mile run. Boys and girls aged 11 and over will swim the longer distance, with kids aged 10 and under doing the shorter distance.

Included for each athlete is a TRI for KIDS Custom Water Bottle.

[Register Here](https://www.active.com/herald-ca/triathlon/races/tri-for-kids-triathlon-2-2025-102151203)

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

Sofia Casanova Andrade
400 IM 5:49.86

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 Leu
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

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)	Reynaldo Roxas (13-14 Men)	Evan Leu (15-16 Men)	Nikolas Le (13-14 Male)	Cooper Pouley (15-16 Male)
50 Freestyle 33.66	100 Freestyle 1:02.01	200 Backstroke 2:41.36	200 Backstroke 2:50.43	200 Freestyle 2:17.92
100 Backstroke 1:24.51	200 Freestyle 2:16.91	50 Breaststroke 38.73		400 Freestyle 4:50.04
Lauren Lonsdale (13-14 Women)	400 Freestyle 4:52.64	Brandon Hillstrom (17-18 Men)	Nyla Bonner (15-16 Female)	200 IM 2:34.90
50 Freestyle 26.93	800 Freestyle 10:32.16	50 Backstroke 30.97	50 Butterfly 32.39	
100 Freestyle 58.19	50 Backstroke 36.83	50 Butterfly 27.49	Hannah Jessie (15-16 Female)	
200 Freestyle 2:03.49	50 Butterfly 31.08	100 Butterfly 1:02.68	800 Freestyle 11:50.85	
400 Freestyle 4:21.10	100 Butterfly 1:08.59		1500 Freestyle 22:42.53	
800 Freestyle 9:29.70	200 Butterfly 2:32.73	Eric Lu (17-18 Men)		
1500 Freestyle 18:17.17	50 Breaststroke 37.27	100 Backstroke 1:12.33	Katie Le 15-16 Female	
50 Backstroke 30.67	100 Breaststroke 1:20.29		100 Backstroke 1:13.30	
100 Backstroke 1:06.08	400 IM 5:39.23	Charlotte Tu (8 & Under Girls)	100 Freestyle 1:05.51	
200 Backstroke 2:20.52		100 Backstroke 1:57.29	200 Freestyle 2:23.66	
50 Breaststroke 36.14	David Price (15-16 Men)		50 Backstroke 34.08	
100 Breaststroke 1:14.43	50 Backstroke 30.43	Laurel Boyd (8 & Under Girls)	50 Breaststroke 37.19	
200 Breaststroke 2:38.79	50 Butterfly 31.08	100 Backstroke 1:44.39	100 Breaststroke 1:18.63	
50 Butterfly 29.45	100 Butterfly 1:08.59		200 Breaststroke 2:50.90	
100 Butterfly 1:05.86	200 Butterfly 2:32.73	Aarav Narayan (9-10 Boys)	100 Butterfly 1:14.72	
200 Butterfly 2:26.44	100 Backstroke 1:04.78	800 Freestyle 13:46.80	200 IM 2:37.04	
200 IM 2:16.66	50 Butterfly 28.95			
400 IM 4:51.92	100 Butterfly 1:02.42	Ruby McKinney (15-16 Female)	Eleanor Ramsey (15-16 Female)	
	400 IM 5:18.35	200 Freestyle 2:27.18	50 Breaststroke 42.68	
Madison McEntee (13-14 Women)		100 Butterfly 1:20.81	50 Backstroke 35.04	
50 Backstroke 35.21	Ethan Downing (13-14 Male)		50 Breaststroke 41.76	
100 Backstroke 1:15.57	50 Breaststroke 37.94	Katie Le 15-16 Female	Gabriel Grauman (15-16 Male)	
200 Backstroke 2:39.86		100 Backstroke 1:13.30	50 Breaststroke 33.47	
		100 Breaststroke 1:22.05		
Andrew Nguyen (11-12 Male)		200 Breaststroke 2:52.66		
100 Backstroke 1:22.84				

Meet Schedule

Date	Name of Meet	LCM/SCY	Location	Qualifying Times required	Team/optional meet
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-Aug 3	Junior Nationals	LCM	Irvine, CA	yes	
July 31 - Aug 3	Far Western LCM	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**



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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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!
Login to purchase team gear !