

# SAC



# October 2025 Newsletter



# Practice Schedule for October

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

**Please check the Google Calendar/email updates  
for the most updated practice times and locations.**

**AM Practice Open to All:** Monday, Wednesday, Friday 5:30–7:30AM

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

# 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.

## **Monthly Board Meeting**

Our next monthly board meeting will be October 23 at 6:00 on deck and on Zoom

We would love to have your input and perspective.

## **Swimmers doing Non-Swimmer things**

Do you have a swimmer that participates in non-swimmer activities?

Send a picture to add to the newsletter at [tascha\\_h@hotmail.com](mailto:tascha_h@hotmail.com)

## **Coach's Office Hours**

Beginning the week of October 1, Coach Terry's Office Hours are changing to **Friday 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.

# Reminders/New Info from the Board

## **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>

## **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.

## **Fun Halloween Practice**

We will be having a fun day after Halloween practice on November 1.

All groups can come from 8-10 for some fun games and treats.

**As of November 1, Remind will no longer be our communication tool of choice.**

**As a team we are moving to Commit, GroupMe and email as our ways to communicate with families.**



# Reminders/New Info from the Board

## **Notes from the September 23 Board Meeting**

USA Registration is due by 12/31, please see previous email with link to register.

MAAPP acknowledgement is also due by 12/31

We will be moving to Commit soon. This is an online swim team management system that will replace and enhance our ability to track swimmers progress, stay in touch with families, and also includes billing. The billing will be changing so if you use autopay it will be cancelled, etc., and you will need to make sure your email they registered with is the one you use and check on a regular, since that is how we will be communicating with you.



## **October 2025 SafeSport Message**

**For October's SafeSport message, we want to share this resource from the U.S. Center for SafeSport on promoting inclusivity in sport. In inclusive sport environments, no one has to change to fit in. These suggestions can help your team, club, or facility be inclusive for people of all abilities, races, cultural backgrounds, and gender and sexual identities.**

**[https://eptoolkit.uscenterforsafesport.org/wp-content/uploads/2025/07/Creating-Inclusive-Sport-Environments\\_021025\\_v1.1.pdf](https://eptoolkit.uscenterforsafesport.org/wp-content/uploads/2025/07/Creating-Inclusive-Sport-Environments_021025_v1.1.pdf)**



# 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>

**sacramentoaquatics@gmail.com**



google.com



JOIN US IF YOU DARE FOR



# Pumpkin Practice



November 1, 2025

8:00 - 10:00 All Groups



SPOOKY TREATS, DRINKS & GAMES  
COSTUMES ENCOURAGED





# *Happy October Birthdays!*

Saxon Prado turns 13 on 10/6

Elton Boyd turns 13 on 10/12

Logan Liang turns 13 on 10/22

Smit Rambhia turns 13 on 10/25

Drew Baker turns 12 on 10/11

Salina Koum turns 12 on 10/23

Nevin Thai turns 11 on 10/6

Roy Zhu turns 8 on 10/3

**Richie Grauman**

100 IM 1:05.45

**Katie Le**

50 Freestyle 26.39

100 Freestyle 57.16

**Lauren Lonsdale (13-14)**

100 Backstroke 59.15

100 Butterfly 59.6



# Meet Schedule

Date	Name of Meet	LCM/SCY	Location	Qualifying Times required
October 18-19	Orinda Senior	SCY	Moraga	yes
October 17	Pete Fitch	SCY	Rio del Oro	no
October 18-19	Pumpkin Meet	SCY	Lodi	no
October 25	Pirate Pentathlon	SCY	Woodland	no
November 7-9	Folsom Classic	SCY	Folsom	yes
November 15	Thanksgiving Thousand	SCY	Lifetime	no
November 21-23	Cranberry Meet	SCY	WAC	no
November 22-23	TERA Senior	SCY	Concord	yes
December 4-7	Holiday Swim Fest	SCY	Mona Plummer Aquatics, Tempe AZ	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 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](mailto:sacramentoaquatics@gmail.com)



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



**Andrea Pitcock**  
Membership  
[sacsailfishregistrar@gmail.com](mailto:sacsailfishregistrar@gmail.com)



**Mina White**  
Treasurer &  
Safe Sport  
Coordinator  
[treasurersacaquatics@gmail.com](mailto:treasurersacaquatics@gmail.com)



**Tascha Weatherall**  
Secretary

Activities



**Karen Lonsdale:**  
New  
Swimmer/  
Parent  
Liaison

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 !