

# Team Newsletter, Nov. 2020



## SAILFISH NEWS

\*\*\*\*Our first intra-squad meet, Sails vs Fish, was a huge success! Thank you to all the volunteers and swimmers, for some really amazing competition. Although USA Swim Meets are gradually returning, it looks like most meets are Intra-squad for now. Now that we have the first meet under our belt, we can better prepare for future meets at our pool. The next Intra-Squad meet is on Saturday, 12/12, with a few tweaks, new events and fun activities between races.

\*\*\*\*With the change in weather and upcoming holiday season, just a quick reminder that our team policy states that you must attend at least 3 practices/week. Also, team dues will not be prorated if you take time off and advance notice of 15 days is required to drop for a month or more.

\*\*\*\* Adult Lap Swim is still available every morning from 5:45am- 6:45am and evenings from 8:15pm - 9:15pm. We are hoping to expand into an official US Masters Swim program soon!

\*\*\*\*A big shout-out to the Avalos Family for their innovative design and engineering of an underwater / above-water filming apparatus that will help Coach Terry in his instruction. Be on the lookout for individual videos with his commentary!

## Upcoming Events

- November 23, Monday  
Swim Clinic: Butterfly  
2 sessions: 8-9am & 9-10am
- November 24, Tuesday  
Swim Clinic: Backstroke  
2 sessions: 8-9am & 9-10am
- November 25, Wednesday  
Swim Clinic: Breaststroke  
2 sessions: 8-9am & 9-10am  
**No Practice – PM Groups**

**\*Swim clinics are \$10 per swimmer,  
Limit 12 swimmers per session  
Registration info coming soon!**

- November 26, Thursday  
Happy Thanksgiving!  
**No Practice – All Groups**  
(Regular practice hours resume 11/27)
- December 12, Saturday  
Intra-Squad Meet

## Dine & Donate for SAC Prize Winners!

**\*\*Congratulations to Ella L & Lillian M  
for winning the team prize packs from  
our Panda Express and Chipotle  
dinner fundraisers! Thanks to all  
families who participated and sent in  
pictures of their swimmers picking up  
and enjoying their food!**

## SAC Snack Bar

**\*\*Look for a snack bar at the PM  
practices. With the colder weather  
approaching, we'll have hot cocoa,  
cup noodles, chips, assorted drinks &  
other treats. All proceeds will go right  
back to our team.**



## Coach's Corner

### **“GET YOUR TIME!!!”**

When is it OK to **not** get your time? The answer to that question is **NEVER**. It's

very important to put a number to how fast you swim. That information helps you understand what each swimmer is capable of achieving during a race. How fast can you go out in a race and still finish strong? Even when you're out in front of everyone in your heat, how do you know if you're swimming fast enough to improve your time? How do you plan a race knowing how fast you swim? These are important questions to know.

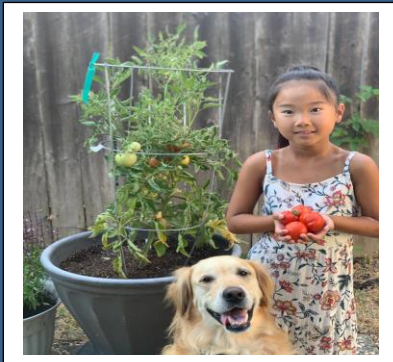
Swimming fast enough to beat the person in the next lane can limit your ability to do your best. Swimming your own race is better than relying

on someone else's race plan. Having a plan before you step up on the blocks gives you a far better chance to swim well. Of course, there are other variables at play here but stepping up to the blocks when your only thought is, "I'm going to swim as hard as I can" isn't the best race strategy.

In longer races, knowing how fast you swim when you're tired is extremely helpful. If you go out too fast ...well, we know what happens when you do that. How do you know if you've gone out fast enough? The answer is you don't know, unless you get your times at practice. The clock is your friend even if it gives you information that you may not like. Bad news is really bad news if you don't learn from it. Knowing what you can't do is just as important as knowing what you can.

Ultimately, the responsibility to get better is yours. Your teammates help you get better but just racing them can be limiting. To swim your best, you must know that you're getting faster -- how do you know that unless you GET YOUR TIMES!!

## Spotlight on...Kaleigh Kato, winner of the “Tomato Challenge!”



Kaleigh, (nickname KK) is in 3<sup>rd</sup> grade at Didion School. She won Coach Terry's contest to see who could grow the best tomatoes.

- Her favorite stroke .... Butterfly
- Her favorite color....Turquoise
- Her favorite sport (not swimming) is.....Soccer
- Her favorite movie .... All the Harry Potter movies
- Her favorite food ...Sesame Chicken from Izakaya
- What she did with all the tomatoes she grew.... "I gave them to my Grandma to make salsa!"
- The best part of swimming with SAC...."being with my friends and Coach Terry"

*\*Kaleigh and her dog Chase*

## November Birthdays

- \*Lincoln S turns 15 on November 17
- \*Isla V turns 9 on November 19
- \*India V turns 16 on November 25

## Welcome, new Sailfish:

Ashton L, Dahlia G, Kendall L, Nick N

### Just for Fun

**Q. Why did the vegetarian quit the swim team?**

**A. She didn't like the meets. (meats)**

**Q. What word is the same backwards and upside down?**

**A. SWIMS**

