

# Team Newsletter, Dec. 2020



## SAILFISH NEWS

\*\*\*\*Our next intra-squad meet is still on! (Fingers crossed!) Despite rising Covid-19 cases statewide, swimming continues to be one of the safer sports for youth. Most competitive swim teams are continuing with practices and intra-squad meets, but with stringent safety measures. Before our upcoming Candy Cane Classic, please read the Meet Sheet very carefully and pass on important safety information to your swimmers.

\*\*Our team has grown so much since its founding four years ago and the SAC Parent Booster needs to grow, too! There are 3 open positions for interested parents: Membership Chair, Education Chair and SafeSport Chair. Please visit the team website for descriptions of open board positions.

\*\*Save the date! It's been a long time since we took a team picture! We can't have the entire team together at the same time, but we will take fun Practice Group pictures instead, on Saturday, January 30, 2021-- both Underwater and Above Water. More info coming up soon!

\*\*Coach Terry's swim clinics in November were a huge success and filled up extremely fast. More clinics will be scheduled next month.

\*\*\*\*We are looking for volunteers to sing the national anthem at our next meet!

## Upcoming Events

- December 12, Saturday  
Candy Cane Classic  
Intra-Squad Meet  
9am – 11:30am: 13 & over  
12pm – 2:30pm: 12 & under
- December 21 – December 30  
Coach Terry may run 2-a-day  
practices for the Silver Group  
Times TBA
- December 24-26  
**No Practice – Merry Christmas!**
- December 31, Thursday  
**NO PM Practice**
- January 1, Friday  
**No Practice – Happy New Year**
- January 30, 2021, Saturday  
**Underwater Team Picture Day**

## SAC Fundraising

Since we keep our monthly fees low, we rely on fundraising to pay for equipment, team bonding activities, etc. Help our team out by doing your holiday shopping with:

**AmazonSmile** -- Our team receives 0.5% back on all purchases made on AmazonSmile when you list SAC Parent Booster as your charitable organization

**Swim Outlet** – Using our special team link, our team gets 10% of each purchase.

**Shop with Scrip** – Purchase gift cards of your choice and have them delivered right to your home!

\*Thanks for your support and check the website for more information!



## Coach's Corner

### ***"Practice with Purpose!!"***

*It takes more than working hard to become a good swimmer -- if only it was that easy. I know working hard is not easy and I know most of you aren't afraid to work hard. Practice with*

*purpose is about focus. Do you come to practice with a specific plan to get better? Do you know what you to do to swim faster?*

*In my morning group, we were talking about why swimming 10X50 on 40 seconds seemed harder than swimming a 500 free. Everyone agreed the 50's were harder. The group average for the 500 was 6:12 and it takes 6:40 to swim 10X50's on 40 seconds. My question was, why? The main reason was there were 10 poorly executed finishes, turning 35-second 50's into 37's and 38's. What should have been 5 seconds rest turned into almost no rest. Despite this information, there was no change on the next set of 5X100's in the way they started and finished. My next question was mixed with sarcasm. Why are you practicing poor finishes? Are you trying to improve your poor finishes?*

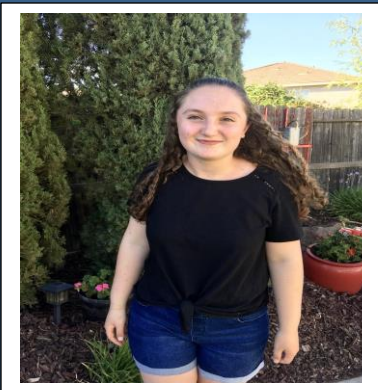
*The sad reality to that scenario is you most certainly aren't improving your best finishes. Are we practicing being better inefficient swimmers? Are we practicing bad habits and techniques? The obvious answer is no. Case in point, a simple way to stop circling when you race is to stop practicing it everyday. Simple fix...cross over before you flip. Here is another great example of a poor effort. We have maybe 5 swimmers on our team that NEVER breathe off their underwater works. I remind all of you daily that this untimely first breath is costly to distance, speed and energy. Basically, if you're always working on your underwork, you'll be better at it. It sounds so simple because the truth is, it works. The hard part is to focus on it. I mentioned these skills because we all know how to do them but we don't always try. Ask all 5 of the swimmers who never breathe off the walls if they have to think about it and they will tell you no. Another bonus of focusing is you start owning the skills to the point that you don't have to think about it anymore.*

*So my point is you should come to practice everyday with a plan to improve. Pick a skill and make it better. Use everyone on the team to help you. Race your teammates, do something in practice you've never done before, get to the blue line first, work on your off stroke and fix your bad habits forever.*

*We can't work harder to go slower?*

### ***Practice with purpose!***

## **Spotlight on...Emilie Pitcock, SAC Sailfish swimmer & vocalist**



Emilie, age 17, has been on a swim team for 8 years, first with the Parkway Dolphins and now the Sailfish. She's been singing even longer - 11 years, and at the last meet, she amazed our swim families with her rendition of the national anthem (without advance notice nor warm-up!) We're lucky to have such a gifted singer on our team!

- Her favorite stroke .... Freestyle
- Her favorite TV show .... Once Upon a Time
- Her favorite singer ....Sabrina Carpenter
- She is a big sister to.... James, 14 and Joseph, 8, also Sailfish swimmers
- The best part of swimming with SAC...."the healthy competition and how everyone cheers for each other, in practice and in meets.

## **December Birthdays**

- \*Riley V turns 14 on December 2
- \*Mackenzie G turns 16 on December 4
- \*Joseph P turns 8 on December 5
- \*Fernanda G turns 12 on December 17
- \*Kassi P turns 15 on December 21
- \*Ashton L turns 13 on December 22
- \*Tyson J turns 13 on December 22
- \*Sarah K turns 19 on December 28
- \*Tommy J turns 10 on December 30

## **Welcome, New Sailfish Swimmers!**

Thea B & Drew B

### **THINGS MOST SAID AT SWIM PRACTICE**

- kill me now
- I hate butterfly
- how many left?
- wait what's going on?!
- I don't want to do this anymore
- I hate swimming
- how much longer?
- what time is it?
- im hungry

