

# Team Newsletter, Feb. 2021



## SAILFISH NEWS

\*\*\*\* In appreciation of our amazing swimmers who have stuck with the team through a pandemic, the shed fire, unexpected quarantines and cancellations, the SAC Parent Booster is giving each swimmer a one-of-a-kind team shirt, a mesh equipment bag with our team logo and a pair of fins to use in practice. Swimmers will be expected to bring their equipment bags to practice every day. Additional 2021 team shirts will also be available for purchase with a portion of each sale going back to our fire recovery efforts. Our shirt design contest will be pushed to summer season.

\*\*Sierra-Nevada Swimming has announced plans for a virtual Spring Junior Olympic championship series, which will run mid- March – April. Coach Terry hopes to have a large group of swimmers representing SAC on the leaderboard! More info to be released by SNS soon.

\*\*The Candy Cane Classic has been tentatively rescheduled for Saturday, February 27, with a new theme, of course. Details forthcoming on the timeline, events and raffles for this event.

\*\*Just a reminder that practice changes or cancellations will be communicated to the team by email or a Remind message. Plan on attending practice (even on holidays or in inclement weather) – unless you hear otherwise.

## Upcoming Events

- February 11, Thursday  
Board Meeting, 5:30pm
- February 24, Wednesday  
**Dinner Fundraising Night**  
@ Panera, Delta Shores,  
4pm – 8pm
- February 27, Saturday  
Intra-Squad Meet (tentative)

## “Strong as One Strongest Together”



*\*The “Strongest Together” shirts will be worn for our next Picture Day. An email to collect everyone’s sizes is coming soon. An online team store with winter/spring gear will also be available later this month.*

## February Birthdays

- \*Marcus Y turns 13 on February 1
- \*Lillian M turns 12 on February 19
- \*Ruby W turns 9 on February 19
- \*Kaleigh K turns 9 on February 23
- \*Lauren L turns 9 on February 23



## **Coach's Corner**

### ***"A New Racing Strategy"***

High School Swimming will happen. The rest of the team will also get to compete this Spring, but not quite like it used to be, but that is out of our control. Your competition will be swimming in a different pool on the same weekend. Racing against people swimming at different locations poses unique problems you have not experienced. The best way to race people you cannot see is to assume everyone seeded close to you will better their times. That means you must prepare to improve instead of racing to improve. This is harder than you think. There is no doubt that the easiest and quickest way to improve is to swim more efficiently. I am always trying to assist you

with fixes that I hope you will make permanent. There are few sports with as much adjustability as swimming. Therefore, you need to be constantly working on all the little things that make you faster. We measure your times down to the 100<sup>th</sup> of a second for a reason.

Racing against people you know nothing about is challenging because you need to be able to adjust your race accordingly. Having the ability to change speed in your race becomes more important, especially in high school swimming. Regardless of the situation, we must all be a little more focused at swim practice. Getting ready to race requires a better effort than getting in shape. It's more than just working hard. You need to be consistent with attendance because there are no excused absences in sports. Bring your brain to practice every day because.....

***It's time to be great!!!***

## **Spotlight on...Kiley, Nevin and Oliver Naramore**



**Favorite stroke/ event: 25 Breaststroke (Ollie); 50 Freestyle (Nevin); 100 Backstroke (Kiley)**

**Favorite SAC memory: Going to meets, especially the Lodi Pumpkin Meet (Ollie); Getting a 7:06 on the 500 Free (Nevin); Movie Nights and JO's (Kiley)**

**What I will miss the most about California: My friends and Coach Terry (Ollie); My friends (Nevin); the mountains & beach almost the same distance away, my amazing friends and the SAC team (Kiley)**

**What I am most looking forward to in Florida: Going to Disneyworld! (Ollie, Nevin & Kiley)**

## **Farewell and Best Wishes to the Naramore Family!**

The SAC Parent Booster (SACPB) began in 2017 with Coach Terry's vision and a backyard meeting of 3 team moms. During this meeting, Lindsay Naramore, whose kids began swimming with Coach Terry the previous year when he came to Parkway, stepped up to take on the role and challenge of SACPB President. Our original logo was designed by Lindsay. From the beginning, Lindsay has worked with Coach Terry through the ups and downs to help build our team to what he envisioned. She has ensured that what the board does is for the best benefit of the swimmers. Lindsay has volunteered countless hours behind the scenes and is often on the pool deck – from the first practice to the last, while her kids Kiley, Nevin and Ollie swim. In true swim family spirit, Lindsay's husband Bill has also dedicated much of his time to our team – always available to lend a hand at events or practice and volunteers as a stroke & turn judge. Last month, Lindsay gave her notice to the board that she needed to step down as Bill has accepted a job offer in Florida. While we are excited for their new adventure, the Naramores will be missed. We wish them the best and know that their next swim team is truly lucky to have them. (By Heather Casjens & Kristin Parsons)

**\*Nancy Victor has graciously accepted the position of Interim President of the SACPB\***