

Team Newsletter, Jan. 2021



SAILFISH NEWS

****Farewell 2020, Hello 2021! We hope everyone had a restful break. We are starting the new year on a positive note with an amazing response to our fire recovery efforts. In less than one week, we have raised more than 80% of our goal of \$10,000! Of our 60+ donors, many are from our Sailfish family, former swimmers of Coach Terry, fellow athletes from other teams and even kind souls with no connection to SAC or swimming. We even had a mystery donor who made a \$2000 contribution! Please continue to share our GoFundMe page with friends and families so we can meet and possibly exceed our goal!

**To commemorate the crazy year 2020, we will be offering a special shirt designed by... one of our very own Sailfish swimmers! We will be holding a contest for swimmers to enter their best design featuring our team motto "Strong as One, Strongest Together." More info coming soon!

**Picture Day is still on! The underwater camera rig was damaged in the fire, but Coach Terry is confident it can be rebuilt by Sat, January 30.

**Team & personalized swim caps will be available for order later this month. We are also looking to add winter beanies, pajama pants and other new winter team gear. Stay tuned!

Upcoming Events

- January 4, Monday
Practice Resumes
- January 30, 2021, Saturday
Underwater Picture Day
@ Regular practice times

**We are hoping to reschedule our intrasquad meet & raffle for February. We will also be scheduling a clean-up day and will spread the word when we have more details.

"Strong as One, Strongest Together"

A big thank you to all the families who have offered encouraging words as we rebuild from the fire.

"This team means so much to our kids!"

"Great swim team memories at Parkway Swim Club"

"For all the years of fun we had as a family, when we lived near Parkway!"

"Everyone is safe and stronger together. Please let us know how we can help."

"It's obvious your organization puts the kids first. Thank you for your continued efforts to get young people outside, exercising in a healthy environment. We are so grateful to all of you for that!"

"We are SAC. We are stronger together and we will be just fine. We have water and it is warm. We can get back to business!"



Coach's Corner

"A Perfect Practice"

Are you practicing good skills? You may think you are but it's harder than you think. If you aren't practicing good skills, you're creating bad

habits. We certainly know that bad habits are hard to break. Habits are ingrained so deep in our minds that we perform them without thinking about it. In fact, we must have deep concentration to break these bad habits.

To practice perfect means doing the skills to the best of our ability and never being satisfied with the result. We can always do better. Even the fastest swimmers in the world feel they can go faster. There is so much adjustability in our sport that we can always get better. That starts at practice. Practice is where we hone our skills and reinforce

our good habits. It's where we experiment with different techniques. Just like the cross-over flip turn that we've all been working on, new skills feel different. As you practice this turn, you're always trying to do it better. Trying something new is one thing but we can't neglect our existing skills. We must constantly question and check our skills to ensure that we are performing them to the best of our ability.

We must stay focused when we practice because COVID will not last much longer. We still need to improve and that happens at practice. Despite not competing for months our skills should be sharp. There are many ways to ensure we are getting better. Working hard and learning new skills are important but ensuring we practice our skills perfectly is equally important.

Don't just practice..

Practice Perfectly!

Spotlight on...Andrew Avalos, SAC Sailfish swimmer & future engineer



Andrew, 16, has been swimming with Coach Terry for many years and is currently a junior at Bradshaw Christian H.S. He and his father, Frank, spent over 100 hours designing and building an above/underwater camera rig to capture video of swimmers in the water. It has been a great tool to add to Coach Terry's bag of tricks!

- His favorite event ... 100 Butterfly
- His favorite meal ... homemade macaroni & cheese
- His favorite subject ... math
- His post HS plan ... attend college, join Air Force ROTC, major in engineering
- Favorite SAC memory ... the Silver Group's 24-hour overnight practice in 2019

January Birthdays

- *Makayla C turns 17 on January 7
- *Ashley L turns 15 on January 7
- *Gordon L turns 14 on January 9
- *Parker B turns 10 on January 13
- *Ollie N turns 7 on January 19
- *Raphael L turns 18 on January 24
- *Jasmine L turns 10 on January 31

All of our temp swimmers have been added to a regular practice group. There may be new faces at each session – please be welcoming and continue to be mindful of physical distancing! Thanks!

