

Team Newsletter, Mar. 2021



SAILFISH NEWS

**"Strong as One, Strongest Together!" Because of the generous support from our swim families, friends and community, we have officially reached our goal of raising \$10,000 to help rebuild our team shed and replace most of the equipment lost in the fire. Proceeds from the raffle contest at our Intra-Squad Meet and Panera Dinner fundraiser helped push us over our goal!

**At the I Heart Sac Meet, Coach Terry got a great overall picture of our team's progress and improvement. If this was a normal year, there would already be 15 Junior Olympic qualifiers on our team with many more swimmers within a couple seconds of achieving cut times!

**Underwater Picture Day was a fun break from the normal Saturday practices. We have a few images from each practice group to share at a later date, but for now, here is a sneak peek at one of the best shots captured from that day!



Upcoming Events

- *Saturday Swim Clinics*
March 6: Freestyle
March 13: Backstroke
March 20: Breaststroke
March 27: Butterfly
- *March 8, Starting Monday*
Practice Times change
White: 4:30-5:00pm
Blue: 5:00-6:00pm
Silver Jr: 6:00-7:15pm
Silver Sr: 7:15pm-8:45pm
- *March 24, Wednesday*
NO PRACTICE
- *March 25, Thursday*
Dinner Fundraiser @ Rubio's

February Birthdays

- *Caden J turns 13 on March 3
- *Julio G turns 17 on March 9
- *Cara C turns 13 on March 20
- *Glen R turns 15 on March 23
- *Justin L turns 14 on March 23
- *R.J. S turns 13 on March 31

Welcome New Swimmers:

Michael A; Olivia H; Caden J; Lily N

Sierra Nevada Swimming Short Course Championship Series



Check out the [Virtual Championships website](#)
Coach Terry is working hard to put together an event so our swimmers can compete in this series!



Coach's Corner

"I Heart SAC Meet Recap"

Question: What were the Positives that you saw in this meet?

Answer: "So many things. Our swimmers did really well, and I'm so encouraged by their performance at this meet. They've been practicing real hard, showing focus, dedication and a willingness to work hard. I was really pleased to see our new swimmers put their new skills to the test. Attendance has been great at practice and it's paying off. These kids have been working at being ready to race, even when there have been no competitions, and that's not easy to do. I'm so excited to see what they can do in their next meet."

The Stroke & Turn judges offered some great feedback, telling me there were a lot less disqualifications (DQs) than our previous meet and that's really encouraging."

Question: What can still be improved?

Answer: "Well, I was so pleased at the progress these kids have made, but I also saw the areas that still need to be cleaned up. We're not holding the water, taking too many strokes, and underwater work and turns could be better. One of the disadvantages to swimming against teammates only is you begin swimming to your competition. I saw kids that probably could've gone even faster if pushed by an opponent, not a teammate. Now I know what we'll be working on in practice!"

Great Job, Sailfish!!!

Spotlight on...the Victor Family: Riley, Nancy and Jon



Riley, Age 14

Favorite stroke: ***Freestyle***

Favorite SAC memory: ***Watching a movie in the pool on an air mattress during summer Movie Nights***

Favorite swim meet snack: ***Musubi and strawberries***

Favorite movie: ***Spiderman Homecoming or La La Land***

What else keeps me busy besides swimming: ***I like to play electric guitar, perform in theater, draw, play video games and read!***

Q & A with Nancy, SAC Board President

What are you most excited about for SAC's future?

"I would say being able to see the team grow again and the success Coach Terry will have with his Sailfish swimmers when the kids get back to competition."

What has been the most stressful part of running a swim team during a pandemic?

"The most stressful part for me is having kids that really want to swim but having to place them on a waitlist due to COVID, and not being able to do team bonding events like movie nights and dinner nights at the pool."

Q & A with Jon, Stroke & Turn Judge

What do you enjoy about being a Stroke & Turn Judge?

"I enjoy being a Stroke & Turn Judge because I get to participate in the meet."

What is the most common stroke infraction that you see?

"The most common that I have seen is 'Non-Simultaneous Touch' on the breaststroke and butterfly."