

Team Newsletter, April 2021



SAILFISH NEWS

**For the first time in our team history, SAC will be hosting a sanctioned swim meet at Parkway. Coach Terry has coordinated with long-time friend and fellow swim coach John Griffin's team, California GOLD of the Lodi Swim Club to compete in dual meets on April 10 & 24. We are both smaller sized teams in the league without the resources to host a USA-sanctioned swim meet on our own, especially with tightened public health restrictions. It will be great to pool our resources together to run a meet for our swimmers to compete in the Virtual Champs Series. We are also receiving help from Bill Rose, a 30-year veteran official of USA Swimming and Alex Ongaco, the current executive director of SNS, as well as TJ Kay, Equipment Chair of the SNS Board of Directors. They are all generously donating their time to our teams.



**Check out the Virtual Championships [website](#) to view current leaderboards, order meet merch and send a dedication to your swimmer.

Upcoming Events

- **Saturday Swim Clinics**
April 3: Starts & Turns
April 17: Butterfly Clinic Make-Up
- **April 10, Saturday**
SAC vs California GOLD Dual Meet
Session 1: 9 AM
Session 2: 12:30 PM
- **April 7, Wednesday**
PRACTICE TIME CHANGE
Blue Group, 6:30-7:30 PM
Silver Jr Group, 7:30-8:30 PM
No White Group Practice
Silver Sr, 5:45 AM Practice on Tue/Th
- **April 12, Monday**
SAC Board Meeting, 7 PM
- **April 14, Wednesday**
NO PRACTICE – ALL GROUPS
- **April 18, Sunday**
Dinner Fundraiser @ Chipotle & Menchies, Delta Shores
- **April 24, Saturday**
SAC vs California GOLD Dual Meet
Time and location TBA

April Birthdays

- *James P turns 15 on April 10
- *Barrett B turns 12 on April 11
- *Ally T turns 19 on April 18
- *Andrew A turns 17 on April 24
- *Ethan A turns 14 on April 28
- *Katherine F turns 14 on April 29

*Congratulations to Izzy W, the winner of our Rubio's Fundraiser photo contest! She wins a Sailfish keychain, sticker and a \$15 Cold Stone Creamery gift card! The next opportunity to win is April 18.

*Thank you to parents Amy B, Bill L and Cat L for participating in their first Stroke & Turn Officials clinic. Hope to see you all working on deck soon!



Coach's Corner

“SAC vs GOLD Dual Meet, April 10

April 10 is our first real meet in more than a year. Luckily, we are swimming a veteran team with a coaching staff that has over

100 years of experience, so their swimmers are fast. We also have the top officials in the LSC running the meet. Might as well start with the best! You will be swimming against people that train hard to beat you. That's a lot different than racing your teammates who you know really well. Do they go out fast to pull away or do they sit back and try to beat you at the end? You must be prepared for both. Who dictates the race? I like the heat to race me. But some may prefer the big finish.

Control the things you know you can control. Did I train my best? Am I in shape to swim my races? Are my skills legal and can I execute my turns and underwater work correctly? Is your stroke feeling better and do you feel like you're improving? These are the things you need to take stock in.

Make sure you're trying to get ready. Come to practice with a plan to improve.

Since our meets don't happen on a monthly basis, we need to take advantage of the few we do have. Pick good events that highlight your skills. Don't avoid races that are outside your comfort zone. Try picking your events so they are spread out and you have some rest between events.

It's important to know that times from this meet will be ranked for the LSC Champs. Your times will be compared to all the swims in Northern California. I think the best thing we can take away from this is we are moving closer to normal. Hopefully, soon, we can start doing the other fun things we do as a team. That will help make swimming more than just doing laps.

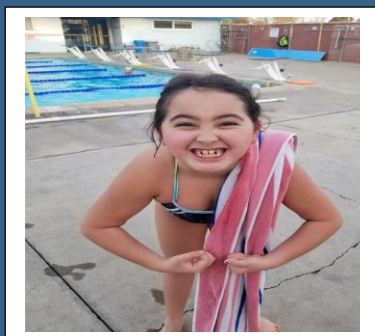
On April 10, get ready to race....

IT'S TIME TO BE GREAT, SAILFISH!!!

****Although not on the schedule of events, SAC and GOLD would like to run a few relay races, time permitting. Please plan to stay until the end.***

Spotlight on... Autumn Cheung, age 8

*Coach Terry nominated Autumn this month because she has great attendance, always has a positive attitude and works very hard each and every practice.



Favorite stroke: **Breaststroke.** *“I'm still learning how to do it, but it's my favorite!”*

Favorite swim meet snack: **Cup o Noodles** *“It keeps me warm!”*
Why I like SAC: **“Coach Terry makes funny jokes and he pushes us to be our best.”**

What else keeps me busy besides swimming: **“I like to play Roblox with my friends and go to the park.”**

Just for Laughs (Things only a swimmer would understand)

