

Team Newsletter, Aug. 2021



SAILFISH NEWS

**Summer 2021 is winding down and a nice break is well-deserved for all our families, volunteers and of course, Coach Terry and our swimmers! We've had a wonderful Spring/Summer of competitive swimming and have some amazing results to show for it. After the break, Coach Terry will be eager to get his swimmers back in shape and ready for the Fall season.

**New SAC Board positions will be finalized next week and we will introduce the new board and committee members very soon. Interested parents can still join meetings at any time, and we need the extra help as our team is getting larger.

**In case you missed it, the SAC Sailfish were featured on News 10's Morning Blend show on July 14, as a lead-in story on the 2021 Summer Olympics. Some of our swimmers experienced a moment in the spotlight as part of the new, local swim team "training Olympic hopefuls." Visit our team's Facebook page to see clips from that day's coverage.

**Coach Terry and the Board are working on a Fall practice schedule and tentative meet schedule. We will share all that information by late August.

Save the Date!

- **August 3 – 6, Tuesday – Friday**
No Evening Swim Practices
*Please try to make morning practice during these days if you are an evening swimmer.
- **August 6, Friday, 8:30 PM – Saturday, 8:30 AM**
13-Over Movie Night & Overnight Campout @ the Pool
- **August 7, Saturday**
NO PRACTICE
- **August 17, Tuesday**
SAC Board Meeting, 7:15 PM @ Parkway
- **August 23 – September 7**
Team Vacation Period
NO PRACTICE
- **September 8, Wednesday**
Fall Practice Schedule Starts

August Birthdays

- *Ellie F turns 8 on August 13
- *Bryan Y turns 17 on August 20
- *Joseph L turns 8 on August 31

Welcome, New Sailfish Swimmers!
Bella B, Will J

In case you missed it, SAC Silver swimmers were featured on News 10 Morning Blend! July 14, 2021





Coach's Corner

*We have worked incredibly hard these last several months, since we returned to swimming after the shutdown. We have so many accomplishments to be proud of, but we are coming up on a much needed break and I want it to be just that – a **BREAK**. Some swimmers have asked what they can do to be*

productive and maintain good shape during the break, but I want all my swimmers to take a total break. Take time to unwind, let your body relax and recover. Many of you are returning to school soon and you need to get back into the groove of the school routine.

When we come back after the break, our early goals are to get back into shape and to start fresh with no bad habits. We're going back to the basics – refining stroke technique and eliminating our stroke flaws.

Everybody knows what their flaws are and we want to work on fixing those weak points in our swimming. Even the best swimmers have their flaws and this is our chance to break out of those bad habits early in our training.

For my high school swimmers, consistency will be key as you start preparing for your high school swim season. Once, you've settled into your school groove, it's critical to make a commitment to attend practices on a regular and consistent basis.

The success that our swimmers have experienced at recent meets and also the news story from July 14, have generated a lot of interest in our team. If you know families interested in joining, please direct them to the team's social media platforms to learn of any new tryout periods. We have very few open positions at this time and Coach Terry will be more selective in new swimmers he brings on. Likewise, he will be expecting greater practice commitment and meet attendance in the upcoming season from all his swimmers.

Spotlight on... SAC Sailfish Swimmers 2021 Short Course Competition Season



After nearly a year of no swim meets, we finally competed in our first sanctioned competition, a 2-part dual meet with California-GOLD of Lodi in April, which allowed more than 30 SAC swimmers to post a Top 25 position on the leaderboard of the SNS Virtual Championship Series. 24 swimmers also achieved Junior Olympic Qualifying Times which gained them entry into the Bill Rose Summer Classic. It was a busy competition month, as that meet was closely followed by the two-day Capitol League Champs, hosted by the Rocklin Swim team. It was a fun trials/finals meet that will likely happen again this fall. And to cap off a great season, Lauren and Tommy represented our team at the SNS All-Star Meet. Congrats to all the Sailfish swimmers on an amazing season!

