

# Team Newsletter, July 2021



## SAILFISH NEWS

\*\*Congratulations to the 24 SAC swimmers who have qualified for the Bill Rose Summer Classic! Each qualifier will receive a commemorative swim cap and will compete in this 4-day championship swim meet, along with other Junior Olympic qualifiers in the Sierra Nevada Swim League. Congrats also to Lauren L and Tommy J -- automatic qualifiers to the SNS All-Star Meet!

\*\*We are still working on exciting team events for August and into the fall season. Some ideas are: SAC Summer Olympics Event, Team Picture Day & BBQ Fundraiser, Lake Natoma Open Water Swim & Family Picnic, and more. Any help to plan these events would be greatly appreciated!

\*\*Thank you to all the swim parents who have expressed interest in taking on a SAC board position – we will be emailing a general form later this month to all swim families to confirm new board & committee members. Congratulations to our new, certified Stroke & Turn officials – we look forward to seeing you on deck at meets! Board members and officials are ALL VOLUNTEERS, who give generously of their time.

\*\*Coach Terry is working with other coaches to plan a fun swim meet in Rocklin, sometime in late July. Stay tuned for dates and details!

## Save the Date!

- July 13, Tuesday, 8:15 PM  
13-Over Movie Night @ the Pool
- July 14, Wednesday  
Lunch /Dinner Fundraiser  
Mountain Mike's Pizza,  
7440 Laguna Blvd #3, Elk Grove
- July 20, Tuesday  
SAC Board Meeting, 7:15 PM  
@ Parkway
- July 15- 18 Thursday - Sunday  
Bill Rose JO's Summer Classic  
@ Elk Grove Aquatic Center OR  
Steve Miklos Aquatic Center  
**\*No Swim Practice on these days**
- July 30 – August 1, Friday - Sunday  
SNS All-Star Meet @ Roseville  
Aquatic Center (Qualifying times  
needed)
- July 27 – 30, Tuesday – Friday  
August 3 – 6, Tuesday – Friday  
**No Evening Swim Practices**  
**\*Please try to make morning  
practice during these days if you  
are an evening swimmer.**
- Wednesday, August 4  
Silver Senior Group Overnighter  
**\*TENTATIVE\***

### July Birthdays

- \*Jason L turns 12 on July 3
- \*Mallory S turns 15 on July 10
- \*Olivia H turns 9 on July 16
- \*Izzy W turns 10 on July 29
- \*Ameerah A turns 16 on July 30

Welcome, New Sailfish Swimmers!  
Maxwell C, Vincent B, Maximilian C, James T  
and Carter P.

## Coach's Corner



*Maintaining good practice habits is tough during the summer. Of course there are family trips, summer jobs and other fun events with friends, and that's great – all of you need that time over the summer. But I need to encourage all my swimmers to plan ahead, be consistent and*

*keep up the hard work you've put in during the year. You will feel it if you've spent too much time out of the water. We've worked hard to break bad habits and develop good ones but if you're out of practice for too long, those bad habits start slipping back in. There are some important meets over the summer that can set the tone for our upcoming season, so summertime is not the time to slack off and get lazy.*

*If you know you're going to be gone on vacation, plan to increase your practice days/ sessions in the time before you leave and when you come back. If you need to make up a missed morning practice, come in the evening. But don't just miss practice entirely – if you're a little late, some practice is better than no practice. If you're on a trip, find a pool to get some swimming in. Don't miss out on time with family, but do what you can in the water so you won't be rusty and out of shape when you come back. By now, you know our usual warm-up and drills and sets. Consistency is key, now that we're at a competitive level of swimming. Have fun this summer, but don't fall out of practice!*

## Coach Terry's Team of Coaches/Trainees

*Aly is a second-year student at UC Davis and has been training with Coach Terry for the past four years. She is very excited to be on deck this summer, helping SAC swimmers improve their strokes for the summer and upcoming fall seasons. Building lasting relationships with the kids is one of her goals for this summer!*



*Coach Stephen is mostly seen on deck as a Stroke & Turn Judge or swim dad at meets, but he also volunteers his time helping Coach Terry at practices when he can. He is a USA Swimming certified Coach and a Nationally certified official. He's excited that several SAC parents are working towards their Stroke & Turn certification so that he can start helping Coach Terry at the meets!*

### **Congratulations, SNS Championship Qualifiers!**

Kaleigh K, Lauren L, Isla V, Izzy W, Jasmine L, Parker B, David B, Tommy J, Nyla B, Lillian M, Raleigh W, Jason L, Cara C, Marcus Y, Tyson J, Greťa L, Kaili J, James P, Lincoln S, Gar L, Bryan Y, Julio G, Andrew A, Raphael L

\*Please register for the Bill Rose Summer Classic ASAP!  
For more information, check out the champs website:  
<https://sns-billroseclassic.com>

## Spotlight on... Raphael Lobo Graduating Sailfish Senior, Class of 2021



Raphael graduated from Christian Brothers High School, Class of 2021! He started swim lessons when he was 3 years old, and then joined the Parkway Swim Club. When he turned 12, he decided to swim competitively with a different team. But Raphael's heart belongs to Parkway, and eventually he joined SAC with Coach Terry, who brought back his passion for swimming. Raphael will be attending St. Mary's College of California this fall, majoring in Allied Health. We are so proud of you and wish you all the best in college.

