

Team Newsletter, Apr. 2022



SAILFISH NEWS

*The SNS 14-Under Short Course Championships and the Southwest Age Group Regional Championships (SWAGR) have come to an end for 2022 and we are so proud of our SAC Sailfish swimmers who competed in these two huge events. We had our largest ever Champs team and our first ever SWAGR team. Congratulations once again to all the athletes that qualified and represented the SAC Sailfish. Coach Terry is already working hard to bring together an even bigger group for next season!

* As our team continues to grow, we need more parent volunteers to fill positions on the Board and to become certified Stroke & Turn Officials. We are currently one of the only swim clubs in the area without mandatory volunteer requirements or fees, but we need more help!

*Mother Nature surprised our swimmers with a big dumping of hail that made it look like the kids were swimming in snow! Just a reminder that with our crazy California weather, we swim rain or shine... or hail! Practice is only canceled for excessive heat, hazardous air quality or thunderstorm conditions.



Save the Date!

- April 5-6, Tuesday -Wednesday
SNS Officials Clinic, 7-9 PM
- April 6, Wednesday
Combined Silver Jr/Sr 6:30 – 8PM
NO BLUE/ WHITE GROUP PRACTICE
- April 7-10, Thursday-Sunday
Far Western Championships
@ Kennedy Aquatics Center,
Morgan Hill, CA
NO PRACTICE on SATURDAY 4/9
- April 16, Saturday
Easter Egg Dive / Fun Practice
Time TBD
- April 21, Thursday
Dinner Fundraiser @ Buckhorn Grill
4720 Freepoint Blvd, 11AM – 8 PM
- April 22-23, Fri-Sat,
April 25 Monday
NO PRACTICE for ALL GROUPS
- April 24, Sunday
Hot Dog Meet @ Tokay HS
- April 26, Tuesday
Board Meeting, 6 PM
@ Parkway, weather permitting

April Birthdays

James P turns 16 on April 10
Barrett B turns 13 on April 11
Andrew A turns 18 on April 24
Ethan A turns 15 on April 28
Kate F turns 15 on April 29

IMPORTANT

*As part of USA Swimming's Safe Sport Club Recognition program, we need every parent and every athlete, age 12-18 to fulfill the training requirement ASAP. Click [here](#) for details on how to complete this quick and important training.



Coach's Corner

For this month's Coach's Corner, I want to talk about how well our athletes did at two of the biggest meets that we

have in Age Group swimming. I know that the individual results have been sent out, but I want to let everyone know about how significant these meets are, in Age Group swimming. The SNS Championships is a qualifying meet that brings in all the best swimmers in Northern California. I'm proud to say that we had more than 20 kids make this meet. As one of the smaller teams in the LSC, we qualified more swimmers than many larger teams, which put us in the mid-size team division. We placed fourth in the mid-size team division. Kids who made finals at this meet represent the fastest swimmers in northern California. The fact that we had so many kids that made this meet says a lot about how hard we work. As your coach, I couldn't be more proud.

The next big meet was SWAGR, the Southwest Age Group Regional Championships. This meet had more than 60 teams competing last weekend. This meet brought in teams from several other states and represents the top swimmers in the western part of the country. We had a few kids, as you all know, that made finals as well.

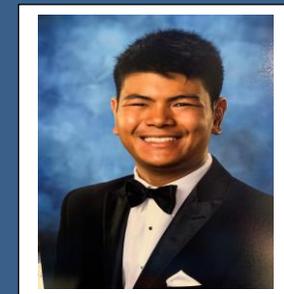
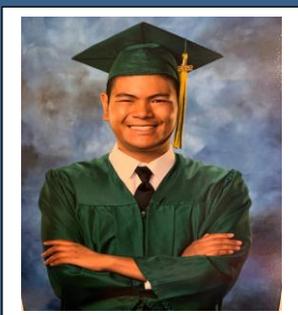
There is one more nationally recognized meet for the short course season. Far Western Championships hosts the fastest swimmers in the western part of the country.

We all should take pride in our swimmers that made these meets. We can also let their efforts inspire us all to do our best to improve. The next big meet for our older swimmers is the high school sections in May. Many of our high school swimmers are training for this meet. All of these meets require qualifying times to just be able to compete. We are very fortunate to have kids of this caliber to set the example for the rest of us. Congratulations to all of you for your hard work and success at these meets.

Spotlight on Bryan Yoshioka, Silver Senior Swimmer, *Class of 2022*



Bryan is currently a senior at John F. Kennedy High School, where he is on the varsity swim team and a student in the PACE program. Besides competitive swimming, Bryan also studies martial arts at Western Martial Arts Academy. Just this year, Bryan earned his Black Belt in karate! He has been accepted into multiple colleges but is leaning towards CSU Monterey where he would like to study marine biology. Bryan has been swimming with Coach Terry and SAC since 2018 and his favorite events are the 200 Freestyle and 500 Freestyle. Before that, he was a member of the Sacramento Stingrays for several years. His favorite swim team memories are playing fun games with his teammates in the pool, such as Sharks and Minnows.



**Congratulations and best of luck in the
next chapter of your life, Bryan!**