

# Team Newsletter, Feb. 2022



## SAILFISH NEWS

\*After a busy but very successful swim meet weekend at the Bud Meyer, it's hard to imagine that last year, SNS meets were restricted to Intra-Squad events only. We're so happy that the SNS competition schedule is back in full swing, with a few modifications in place.

\*Some changes were made to the original 2022 SNS meet schedule, but our SAC meet schedule is ready to go. It is still subject to change, so we will have to be flexible and adapt as necessary. See page 2 for the updated SAC meet calendar.

\*Coach Terry would like to enter at least one Long Course (LC) meet this spring/summer. It will require some practice at a 50-meter pool, so stay tuned to see if/how we can make this happen.

\*Good luck to [Ava](#), [James](#), [Kaili](#) and [Lincoln](#) at the inaugural SNS Winter Senior Championships. After this meet, many of our high school swimmers will focus on training for their 2022 HS swim season. Coach Terry will once again be coaching the Bradshaw Christian HS swim team and our SAC practice times will be adjusted accordingly. White/Blue Groups will be combined from 4:30-5:30 PM each weekday afternoon. There may be some practice roster changes to accommodate this temporary move.

## Save the Date!

- **February 5-6, Saturday-Sunday**  
SNS Senior Winter Championship  
@ Roseville Aquatics Complex  
**NO PRACTICE on SATURDAY 2/5**  
There IS practice on Monday 2/7
- **February 12, Saturday**  
Super Saturday Superbowl Practice  
@ Regular Practice times
- **February 25-27, Friday-Sunday**  
Last Chance for JO's Meet  
@ Solano Community College
- **February 28 Monday**  
**NO PRACTICE**  
Board Meeting, 6 PM  
@ Device Brewing Co., Pocket

## February Birthdays

Marcus Y turns 14 on February 1  
Lillian M turns 13 on February 19  
Kaleigh K turns 10 on February 23  
Lauren L turns 10 on February 23

## \* Practice Schedule, starting February 7

### Silver Sr:

5:45AM – 7:15 AM, M/Tu/Th/Fri

6:45 PM – 8:15 PM M-F

7-9 AM, Saturday

### Silver Jr:

5:30 – 6:45 PM, M-F

9 – 10:30 AM, Saturdays

### Blue

4:30 – 5:30 PM, M-F

10:30 – 11:30 AM, Saturday

### White

4:30 – 5:30 PM, M-F

\*10:30 – 11:30 AM, Saturday

(\*Please note change in time)

**\*PM Practice schedule has been modified as Coach Terry will be holding high school swim practices for Bradshaw Christian HS at 3:30-4:30 PM**



## Coach's Corner

### Consistency is key!

As we begin this Spring season, I want everyone to remember what it takes to improve as a swimmer. There are many things you can do to improve. Some are more obvious than others. Working hard makes a

difference – most of you have no problem doing that. But hard work alone won't produce the results you may want. The swimmers that improve more often than others are the ones who attend practices with goals in mind. Consistency is vital in our sport because we compete in a different environment than we live. There are no common movements that we do on land that improve our swimming technique. We can improve strength and flexibility but not technique. Why we practice is to make our unnatural movements automatic. With consistent practice, our techniques become second nature.

Improving our technique is the fastest way to improve but it's also one of the hardest things to achieve. It takes a lot of focus in practice to change our technique. It can be frustrating when you try to make change in your stroke and it makes you feel strange or even slower. Our strokes feel the best when you don't have to put a lot of thought in what you're doing. Almost all of you were on a

different team before you came to SAC, so you all have that comfy stroke. The stroke you do without much thought tends to be the stroke you train with, and that can be problematic. Even if the technique isn't very good, it feels comfortable. You may have achieved some success with your comfy stroke, but if you are striving to reach the upper levels in your age group, you must embrace the changes Coach Steve and I are trying to help you with. Too often we work on something one day, then tomorrow is another day. You may be introduced to a technique in a day, but you can't own that technique in a day. It can take weeks of practice before becomes second nature, your new comfy stroke.

This is one of the biggest things that holds us back. We only get to spend a little more than an hour a day swimming. We must come with a plan to improve something at every practice: early vertical forearm, not breathing off the wall, faster tempo. Focusing on one or two techniques helps establish new habits. Practicing without a plan simply reinforces your comfy stroke that may not help you reach your goals. Also, if you work on new techniques one practice, then miss a day or two we don't remember what that change felt like, and we go back to our comfy stroke. I think focus and consistency at practice get you the best results. Even athletes at the top of their sport continuously embrace changes that makes them better. To achieve the best we can be, we need to practice with focus and be consistent with practice. Those that do it best achieve the greatest results.

--Coach Terry

## Sac Aquatics Club Spring/Summer 2022 Meet Schedule

Swim meet name	Qualifying times needed?	Type	Date	Host	Pool Location
Bud Meyer Memorial Meet	No	SCY	1/28-1/30	STAS	Rio Del Oro Sports Club
SNS Senior Short Course Championships	Yes	SCY	2/4-2/6	CCA	Roseville Aquatics Complex
Last Chance for JO's	No	SCY	2/25-2/27	DART	Solano Community College
SNS Short Course Championships (JO's)	Yes	SCY	3/11-3/13	EGAC	Elk Grove Aquatics Center
SWAGR (Southwest Age Group Regional Championship)	Yes	SCY	3/24-3/27	Clovis	Clovis North High School
Age Group Open Season Finale (Tentative)	No	SCY	4/1-4/3	VACA	Walter Graham Aquatic Center
AquaSol April Invitational (Tentative)	No	SCY	4/8-4/10	AQUA	Cameron Park Community Pool
Woodland Distance Meet	No	LCM	23-Apr	Wood	Charles Brooks Community Swim Center
Hot Dog Meet	No	SCY	24-Apr	GOLD	Tokay High School
Spring Splash	No	SCY	7-May	GOLD	Tokay High School
DART Post HS Shave Meet (13+, INVITE)	No	SCY/LCM	15-May	DART	Natomas Aquatic Center
Mel Enze Meet	No	LCM	6/17-6/19	GOLD	Tokay High School
Bill Rose Classic (SNS LCM Championship)	Yes	LCM	7/21-7/24	DART	Natomas Aquatic Center
AquaSol July Invitational (Tentative)	No	SCY	7/29-7/31	AQUA	Cameron Park Community Pool
Western Zone Age Group Championship	Yes	LCM	8/3-8/6	EGAC	Elk Grove Aquatics Center
Back to School Meet	No	SCY	20-Aug	GOLD	Tokay High School

**\*It is mandatory that each swimmer attends at least 2 meets during the Spring/Summer 2022 season.**

**\*You do not need to attend all days of a multi-day meet, you can register only for one.**

**\*Some meets have qualifying times – please be aware of what those are to help with goal setting.**

**\*You may attend a meet that is not on our team meet schedule. If you do, please let Coach Terry know before you register.**