

# Team Newsletter, Jan. 2022



## SAILFISH NEWS

### **\*\*President's Message by Nancy Victor\*\***



"Wow, 2021 is over and we just kept swimming through COVID, shed fire, virtual classrooms, virtual meets and vaccinations. Our home cooked meets to start out 2021 were so fun for our swimmers desperate for

competition. The SNS Virtual Champs was a clever way to get back to competing and earn some rewards. The summer brought more meets and opportunities for our swimmers. Fall was like we were back to old times with so many meet opportunities from September up to the end of December. I know Coach Terry is so happy with and proud of his swimmers and our small but mighty team. We also lost 3 amazing board members: Lindsey Naramore Heather Casjens and Kristin Parsons, the founding members that helped make Terry's vision of his own USA Swim team come true; they are all truly missed. We look forward to 2022 with such excitement for our team. Big thanks to Coach Terry for all his amazing instruction, hard work and dedication to his team. Also to Coaches Stephen and Jose for all their hard work and instruction and, lastly, thanks to our board: Lane Ruddick, Burt Yoshioka, Jack Mills, Sue-Ping, LeighAnn Kato, and Karen Combrink! LET'S GO SAILFISH!"

### Save the Date!

- **January 3, Monday**  
*\*Back to Regular Practice Schedule*
- **January 15, Saturday**  
*Silver Sr. Fun Practice & Friendly Water Polo Match, 7 – 9 AM*  
*(All other groups will have a fun practice, too)*
- **January 24, Monday**  
*Board Meeting, 7 PM*  
*@ Device Brewing Co, Pocket*
- **January 28 – 30 Friday – Sunday**  
*Bud Meyer Memorial Meet*  
*@ Rio Del Oro Racquet Club*

### January Birthdays

**Gordon L turns 15 on January 9**  
**Parker B turns 11 on January 13**  
**Jasmine L turns 11 on January 31**

### \*January Practice Schedule

**Silver Sr:**

**5:45AM – 7:15 AM, M/Tu/Th/Fri**

**6:45 PM – 7:15 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**

**4:00 – 4:30 PM, M-F**

**\*10:30 – 11:30 AM, Saturday**

**(\*Please note change in time)**

**\*Stay tuned for Saturday Stroke Clinics happening in January & February!**

**\*PM Practice schedule will be modified in February as Coach Terry will be holding high school swim practices for Bradshaw Christian HS**



## Coach's Corner

### Getting Motivated

On March 11-13, 2022, our team will compete in the Sierra Nevada Swimming Short Course Championships, formerly called the Junior Olympics, at the Elk

Grove Aquatic Complex. We have over 25 swimmers who have qualified for this meet already, with many more swimmers who are very, very close. In these next couple months, we want to encourage our swimmers to set goals and get motivated to qualify for this meet. This could be our largest JO delegation in team history, and we want to make our presence felt. Be familiar with the JO time standards and how close you are to the cut times in your events and set your goals accordingly. We still have 2 months to achieve qualifying times!

Congratulations to the following swimmers who have already achieved JO cut times, as of January 2022:

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

Sierra Nevada Swimming  
2021-2022 Championship  
Time Standards

8 & Under Girls				8 & Under Boys				13-14 Girls				13-14 Boys			
SCV	LCM	SCV JO's	LCM	SCV	LCM	SCV	LCM	SCV	LCM	SCV	LCM	SCV	LCM		
19.29		25hr		19.29		27.99		31.19		59hr		30.39			
23.59		30hr		24.29		1:00.09		1:08.69		1:00hr		1:05.99			
26.19		35hr		27.89		2:12.69		2:26.09		3:00hr		2:24.19			
21.89		25hr		22.69		6:53.09		6:14.69		4:00hr/1:00hr		6:15.69			
						12:01.09		10:47.99		8:00hr/1:00hr		10:20.39			
						20:02.09		20:39.79		15:00hr/1:00hr		19:56.69			
42.39	47.99	50hr	49.39	43.09		1:10.39		1:20.59		1:00hr		1:16.79			
1:36.69	1:48.99	1:00hr	1:56.99	1:50.99		2:28.99		2:53.19		2:00hr		2:49.69			
61.99	58.59	40hr	1:03.29	58.79		1:15.79		1:32.89		1:00hr		1:29.09			
1:00.59	1:08.19	30hr	1:11.49	1:02.69		2:54.49		3:22.39		2:00hr		3:11.59			
53.19	59.69	20hr	1:03.09	56.79		1:09.79		1:18.09		1:00hr		1:15.49			
						2:37.89		2:59.49		2:00hr		2:48.19			
						2:29.29		2:48.99		2:00hr		2:44.69			
						6:25.49		6:14.79		4:00hr		6:04.69			

  

10 & Under Girls				10 & Under Boys				14-18 Girls				14-18 Boys			
SCV	LCM	SCV	LCM	SCV	LCM	SCV	LCM	SCV	LCM	SCV	LCM	SCV	LCM		
34.79	37.99	50hr	38.19	34.99		27.89		31.79		50hr		26.69			
1:18.09	1:25.19	1:00hr	1:29.89	1:18.29		1:00.29		1:08.49		1:00hr		1:02.39			
2:52.39	3:06.19	2:00hr	3:12.09	2:47.89		2:16.49		2:32.99		2:00hr		2:19.49			
7:35.49	6:47.89	4:00hr/1:00hr	6:44.59	7:25.99		6:09.09		5:28.49		4:00hr/1:00hr		5:09.69			
41.89	46.99	50hr	49.19	42.39		12:49.99		10:10.59		8:00hr/1:00hr		10:01.69			
1:30.69	1:40.59	1:00hr	1:43.59	1:29.69		21:25.19		20:28.39		1:00hr/1:00hr		19:33.39			
47.79	53.39	50hr	53.29	46.59		1:10.09		1:20.99		1:00hr		1:33.49			
1:44.79	1:56.19	1:00hr	1:57.69	1:41.39		2:52.39		2:52.39		2:00hr		2:51.19			
41.19	45.49	50hr	45.99	40.49		1:20.69		1:32.49		1:00hr		1:23.49			
1:30.09	1:52.99	1:00hr	1:51.39	1:37.99		2:54.69		2:50.79		2:00hr		2:38.69			
1:27.79	N/A	1:00hr	N/A	1:28.29		1:20.69		1:32.49		1:00hr		1:23.49			
3:15.59	3:33.29	2:00hr	3:40.79	3:13.19		2:54.69		2:50.79		2:00hr		2:38.69			

  

11-12 Girls				11-12 Boys			
SCV	LCM	SCV	LCM	SCV	LCM	SCV	LCM
33.69	33.79	50hr	34.49	33.19		1:08.09	
1:04.79	1:14.09	1:00hr	1:15.39	1:00.89		2:34.69	
2:24.49	2:41.89	2:00hr	2:44.99	2:24.89		2:58.69	
6:35.89	6:41.89	4:00hr/1:00hr	6:48.69	6:27.49		6:31.09	
12:51.89	11:56.89	8:00hr/1:00hr	11:30.99	12:42.89		2:34.69	
21:39.89	22:20.69	14:00hr/1:00hr	22:14.19	21:23.59		3:08.09	
35.59	41.09	50hr	40.49	36.99		1:17.69	
1:17.89	1:29.09	1:00hr	1:28.69	1:15.79		2:34.69	
2:43.99	3:10.39	2:00hr	3:02.49	2:49.29		3:08.09	
39.99	45.49	50hr	45.39	38.59		1:17.69	
1:27.39	1:41.39	1:00hr	1:38.49	1:25.49		2:34.69	
3:08.59	3:38.09	2:00hr	3:29.69	3:00.99		3:08.09	
33.99	37.89	50hr	38.69	34.19		1:20.29	
1:12.29	1:26.49	1:00hr	1:25.29	1:14.49		2:34.69	
2:47.89	3:10.19	2:00hr	3:07.69	2:43.99		3:08.09	
1:18.29	N/A	1:00hr	N/A	1:14.99		3:08.09	
2:44.69	3:18.69	2:00hr	3:08.69	2:44.19		3:08.09	
6:58.79	6:48.29	4:00hr	6:39.39	6:46.39		3:08.09	

\*Note: You must qualify in the age you are in, as of 3/11/22  
 \*\*For those swimmers who have already qualified, make it your goal to make time cuts in even more events!

## Sacramento Aquatics Club Year in Review 2021

**January:** After a devastating fire wiped out our entire team shed, we started a GoFundMe that raised over \$10,000 to replace most of what we lost. It was truly a team effort to fund raise, clean up and adapt to new environments.

**February:** I ❤️ SAC Intrasquad Meet and fundraiser gave our swimmers a chance to compete once again and brought in over \$400 for the team.

**March:** SAC's first ever "Underwater Picture Day" was a welcome break from usual Saturday practice but it produced some comical results.

**April:** For the first time in team history, we hosted a sanctioned meet, a dual meet series with our friends from California-GOLD. It was a challenging but rewarding experience and our swimmers were able to post official results for the Sierra Nevada Virtual Championship Series leaderboard.

**May:** A Bell-Ringing Ceremony was held for swimmers achieving Personal Bests and prizes were handed out to Sailfish who placed on the VCS Leaderboard.

**June:** We were invited to compete at the Mel Enze Meet at Tokay HS. We also hosted a 12-Under Movie Nite, watching Luca, eating popcorn and swimming!

**July:** The Bill Rose Classic was a 4-day championship meet for the best of SN swimmers at the new Elk Grove Aquatic Center. Mark S. Allen from News10 Morning Blend show featured our team leading up to the 2021 Summer Olympics

**August:** Our team competed in the Capitol City Classic, a rec/comp championship meet in Rocklin. Lauren L & Tommy J represented our team at the SNS All-Star Meet in Roseville. The 13-over Swimmers had a fun overnighter, playing games, eating a lot of food AND swimming 12,000 yards in 12 hours!

**September:** We took a 2-week break and then it was Back to School/ Pool. The Hot Dog Meet was our first swim meet in the new season.

**October:** Lodi Pumpkin Meet was a blast, as was our Super Pumpkin Practice!

**November:** First ever SAC "Swim to Feed the Hungry" where we collected food and monetary donations for Loaves & Fishes AND swam a mile!

**December:** The Candy Cane Practice brought in over 80 toy donations for Toys for Tots. SAC competed in the Matt Casto Meet, the Holiday Swim Fest at Arizona State University and the DART Winter Invite at UC Davis, to close out 2021.

**\*Whew, it was a BUSY year!**

