

Team Newsletter, June 2022



SAILFISH NEWS

*Sacramento Aquatics Club is turning SIX!!! Our team was founded in 2016 by Coach Terry Peyton and three moms (Lindsay Naramore, Heather Casjens, and Kristin Parsons), who made up the original Parent Booster board. SAC started out with less than 20 swimmers and has grown to a team of nearly 80 athletes! To commemorate our 6th anniversary, each swimmer will receive a new Sailfish team shirt and we will be celebrating with a Family Picnic over the summer (date and location TBD). A big thank you to our generous sponsor, Burt Yoshioka, who is donating the shirts for every Sailfish swimmer!

*Out of 3000+ swim teams in all of USA Swimming, SAC has been named one of the Top 50 Age Group teams, according to the American Swim Coaches Association. The only other Sierra-Nevada team to make this prestigious list was DART, so this is a huge accomplishment for Coach Terry and our team.

*We got our first LCM meet under our belts and it was a positive experience for most of our swimmers. Long Course pool time is difficult to get, but Coach Terry is still working hard on finalizing some practice times for our team. In the meantime, we are planning to arrange a Short Course dual meet for some of our newer swimmers.

Save the Date!

- June 10-12, Friday-Sunday
Summer Sanders Sr+ LCM Meet
@ Roseville Aquatic Complex
NO PM PRACTICE on FRIDAY 6/10
- June 17-19 Friday - Sunday
Mel Enze Memorial Meet (LCM)
@ Tokay High School, Lodi
- June 20, Monday, **NO PRACTICE**
- June 21, Tuesday
Summer Practice Schedule Begins
- June 21, Tuesday
Board Meeting, 7 PM @ Parkway
- June 24-26, Friday-Sunday
WOOD Last Chance Qualifier
@ Charles Brooks Pool, Woodland
- June 30, Thursday 7 PM
12& Under Movie Night @ the pool
NO EVENING PRACTICE

June Birthdays

Kingston P turns 13 on June 1
Maelynn G turns 15 on June 1
Aina P turns 18 on June 5
Carter P turns 11 on June 21
Michael A turns 12 on June 24
Kaili J turns 16 on June 27
Theo S turns 14 on June 28
Isabella B turns 7 on June 29

Welcome New Swimmers

Aarav N & Mason L

Summer Practice Schedule, 6/21 – 8/20

- *Silver Senior: 7 - 9 AM, Mon-Sat
- *Silver Junior: 9 - 10:30 AM, Mon-Sat
- *Blue: 10:30 AM - 11:45 AM, Mon - Fri
10:30 - 11:30 AM, Saturday
- *White: 11:45 AM - 12:15 PM, Mon- Fri
10:30 - 11:30 AM, Saturday
- Night Practice, Mon-Fri
Blue/White: 7 - 7:45 PM
Silver Jr/Silver Sr: 7:45 - 8:45 PM





Coach's Corner

This month's article is brought to you by **Amy Broyles**, Doctor of Physical Therapy, USA Stroke & Turn Official, Team



Videographer AND Swim Mom, with contributions from fellow PT's and Swim Parents **Karen Combrink** and **Alisa Yates**.

Preventing Injuries in Swimming

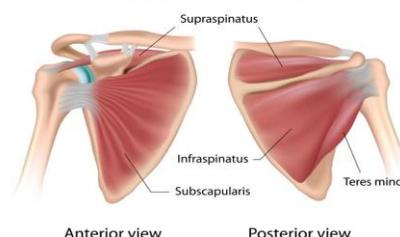
We want to make sure you are all staying healthy and strong this season. Here are a few things to keep in mind to prevent injury.

- 1.) **Proper warm up.** It's important to do some gentle stretching and active warm up of all the muscles you're going to be pushing throughout your practice.
- 2.) **Stay hydrated!** Drink water intermittently throughout practice AND DURING MEETS. Don't fully fill your stomach just before a race but take lots of small drinks throughout the day or practice. Just because you're in a pool doesn't mean you're not sweating.
- 3.) **Be aware of your surroundings and know the rules of the lane.** Learning your stroke count for back stroke and staying to the right side of the lane in practice is very important for preventing head and hand injuries.
- 4.) **Strengthen your whole body.** Nobody "likes" dryland, but it is important. Focus on your technique during dryland not just going through the motion.
- 5.) **Don't just push through if you're hurt or sick.** Seek professional medical attention. Also, let your coach know what's going on so he can help you decide if you need to sit out completely to heal or maybe just modify what you're doing to help keep you conditioned while your injury is healing.
- 6.) **Use Proper technique – Listen to coach!** Performing the strokes with proper technique is not only important for making your stroke the most efficient so you can drop time, but he's also protecting your body from overuse injury by getting you to pull the water with the right muscles (Your larger latissimus dorsi, external obliques, rectus abdominus, erector spinae, quadriceps, hamstring, and glut muscles). You need to use those bigger core muscle groups to protect the smaller ones. If you let those little, tiny muscles in your shoulders (rotator cuff) do all the work, they will fatigue quickly and you're putting

yourself at risk for getting rotator cuff or bursa injuries/inflammation. Shoulder injuries are the most common injuries for competitive swimmers due to the unstable nature/design of the shoulder joint. Consider strengthening your rotator cuff and scapular stabilizing muscles. Best time to do this is not before practice (you don't want to practice with a fatigued rotator cuff) but a few hours prior to or after practice. When strengthening these little muscles most of the exercises are done with very little to no resistance and are done until fatigue just sets in. These movements include internal rotation/external rotation in a neutral range of the shoulder, and scapular stabilization movements.



Rotator Cuff Muscles



USA Swimming Safe Sport Message of the Month
"All swimming practices should be open to observation by parents."
 Contributed by LeighAnn Kato, SAC Safe Sport Chair



Sierra Nevada Swimming hosted a Select Camp on April 29 and invited 40 of the league's top Age Group swimmers (ages 11-14) based on rankings from the current season. SAC's own **Tommy Jiang** was the youngest selected to participate in this one-day camp at the Elk Grove Aquatic Center. Here are some takeaways from the camp that he would like to share with the team.

- Even though swimming is considered an individual sport, we are all part of a team. We should never be mad if a teammate beats us, we should be happy for them and happy for ourselves that we have a teammate that can motivate us to keep getting better. At the camp, there were swimmers from 12 different teams there but Coach Adric of DPCC told us that we were all part of the same team for that day. And as swimmers, we will always be part of a huge worldwide team of athletes that can do things no other athletes can do.
- The most important thing to getting better at swimming is putting in the work. No matter how much talent you might have, or how good your coach is, or what cool gadgets your team uses to train swimmers, none of it matters if you don't put in the work.
- You need to have fun in this sport. There is a lot of downtime, especially at meets. Make time for fun. I know I do! (Too much sometimes, according to my dad!)

