

Team Newsletter, May 2022



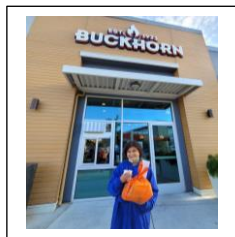
SAILFISH NEWS

*The SNS short course season is officially over, and the high school season is a couple weeks away from ending as well. Our team will be switching gears to trying out Long Course (LCM) swimming and continuing with Short Course (SCY) training at Parkway. The summer schedule will be released soon and we're working to add in fun events like Movie Night @ the Pool, the 13-Over Campout @ the Pool and possibly a Family picnic at Lake Natoma and some other social events for parents and athletes. Stay tuned!

*A big thank you to Jose Bonner who stepped up to coach the Silver Groups in their dry land workouts. He is now official, fully certified and will be seen on deck a lot more as he helps Coach Terry. Thank you also to Bill Lonsdale who will now represent our team at future SNS Board of Directors meetings.

*Two new sheds have been constructed at Parkway and one will be used to store all of SAC's team equipment. The other will be used by the Parkway Swim Club, which will open for the season on 5/30.

*Thanks to all the families who participated in our Buckhorn's fundraiser! It was so delicious, and we were able to raise some money for our team!



Save the Date!

- **May 1, Sunday**
DART Spring Pentathlon
@ Community Pool, Davis
- **May 5-7 Thursday - Saturday**
High School Sections Meet
NO PRACTICE on SATURDAY 5/7
- **May 8, Sunday**
DART Post-HS Shave Meet
@ Schaal Pool, UC Davis
- **NO PRACTICE on MONDAY 5/9**
- **May 13, Friday**
Friday the 13th Fun Practice
@ regular practice times
- **May 14, Saturday**
SNS Scholar-Athlete VIP Movie
Time & Location TBD
- **May 20-22, Friday-Sunday**
Woodland Spring Classic (LCM)
@ Charles Brooks Community Pool
- **May 23, Monday**
NO PRACTICE 5/23
- **May 24, Tuesday**
Board Meeting, 7 PM @ Parkway
- **May 30, Monday**
Memorial Day, **NO PRACTICE 5/30**

May Birthdays

Raleigh W turns 13 on May 15
Evelynn H turns 8 on May 19
Nyla B turns 13 on May 25
Donovan P turns 12 on May 30
David B turns 11 on May 31

Welcome New Swimmers
Maelynn G & Payton P



Coach's Corner

Here is our tentative meet schedule for the rest of spring/summer season. As you can see, there are Long Course

Meter (LCM) meets that our team will be participating in. We will continue Short Course Yards (SCY) practices at our home pool, but we want to explore LCM swimming, too. Long Course is conducted in a 50-meter length pool, as compared to the 25 short course yards our swimmers are used to. Long Course swimming is more challenging and requires better conditioning. Times

achieved in a LCM meet will be slower as there are less turns and pushes off the wall. We encourage our more experienced swimmers to give it a try. We are working on arrangements with California GOLD to use a couple long course lanes at Tokay High School, about twice a week to practice long course. Once the times are finalized, we will share with the team. and put together a long course swimmer roster.

USA Swimming Safe Sport Message of the Month

"Parents should be encouraged to appropriately support their children's swimming experience."

Contributed by LeighAnn Kato, SAC Safe Sport Chair

Sacramento Aquatics Club Spring/Summer 2022 Meet Schedule

Swim meet name	Qualifying times needed?	Type	Date	Host	Pool Location
DART Pentathlon	No	SCY	1-May	DART	Community Pool, Davis
DART Post HS Shave Meet (13+ Only)	No	SCY/LCM	8-May	DART	Schaal Aquatic Center, UC Davis
Woodland Spring Classic	No	LCM	May 20-22	WOOD	Charles Brooks Community Swim Center
Summer Sanders LCM Sr + Meet	Yes	LCM	June 10-12	CCA	Roseville Aquatics Center
Mel Enze Meet	No	LCM	June 17-19	GOLD	Tokay High School
Last Chance Qualifier	No	LCM	June 24-26	WOOD	Charles Brooks Community Swim Center
Bill Rose Classic (SNS LCM Championship)	Yes	LCM	July 21-24	DART	Natomas Aquatic Center
Prospectors Plunge	No	SCY	July 29-31	AQUA	Cameron Park Community Pool
Western Zone Age Group Championship	Yes	LCM	August 3-6	EGAC	Elk Grove Aquatics Center
Back to School Meet	No	SCY	20-Aug	GOLD	Tokay High School

Spotlight on Andrew Avalos, Silver Senior Swimmer Class of 2022



Andrew is currently a senior at Bradshaw Christian School, where he is considered a "lifer," having attended there since preschool. Among his many academic and extra-curricular achievements are CSF Vice-President, National Honor Society, Principal's List, AP Scholar and Scholar Athlete Award. He also swam on the varsity high school swim team for 4 years and served as Team Captain in the last two. After graduation, Andrew will attend the University of Arizona, majoring in aerospace engineering while participating in the US Air Force ROTC program.



Number of years swimming with SAC: "Three, but I wish I would've found the team sooner."

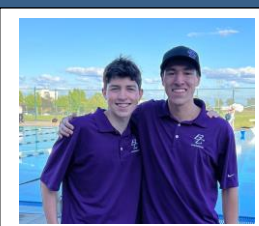
Favorite Event: 100 Butterfly

Favorite SAC memory: "The Overnight practice (12,000 yards in 12 hours),"

Will swimming continue to be a part of your future?

"Yes, I plan to join the Ford Aquatics Masters Swim Team at the University of Arizona."

Lessons learned from swimming: "Balancing responsibilities, staying focused on achieving my goals and consistently putting in the hard work."



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