

# Team Newsletter, Aug. 2022



## SAILFISH NEWS

\*A HUGE congratulations to our team for finishing in **FIRST PLACE** at the Bill Rose Classic LCM Championships, Small Team division. It's quite an amazing accomplishment for a team that has never competed in a full long course season before!

\*Coach Terry was so pleased with his white/blue swimmers who competed in the intrasquad time trials on July 13. Many of those same swimmers took their newfound confidence and went on to compete in the Prospector's Plunge Meet with some great results to show for it.

\*Congratulations to Illiana Foth, Lauren Lonsdale and Tommy Jiang for being named to the SNS Western Zones team. They'll be competing against other Zones teams from as far east as Colorado and as far west as Hawaii.

\*More than twenty of our 13-Over athletes survived the grueling Overnight Campout, swimming 12,000 yards in a span of 12 hours. Kudos to all those brave swimmers and thank you to the parents who helped make this event happen! Although they were exhausted and grumpy at the end, most of our swimmers are excited for the next campout!



## Save the Date!

- **Aug. 3-6 Wednesday-Saturday**  
Western Zones Championships  
@ Elk Grove Aquatic Center  
**PRACTICE SCHEDULE NOT AFFECTED**
- **Aug. 5, Friday, NO PM PRACTICE**  
Private event @ Parkway
- **Aug. 19, Friday, 7 PM**  
Awards Night/Pool Party
- **Aug. 20 – September 6**  
**TEAM BREAK – NO PRACTICE**
- **Aug. 25, Thursday, 6 PM**  
SAC Board Meeting @ Device

## August Birthdays

Mikayla M turns 13 on August 4  
Coach Terry turns ?? on August 12  
Ellie F turns 9 on August 13  
Gabe P turns 17 on August 19  
Bryan Y turns 18 on August 20  
Joseph L turns 9 on August 31

## Welcome New & Returning Swimmers

Asher N, Emma B, Liam M, Kaiden V,  
Rexton G

## Morning Practice Schedule, until 8/20

\*Silver Sr: 7-9 AM, Mon-Sat.

\*Silver Jr: 9-10:30 AM, Mon – Sat

\*Blue/White: 10:30 – 11:30 AM, Mon-Sat

## Evening Practice Schedule, until 8/20

Blue/White: 7 – 7:45 PM

Silver Jr/Sr: 7:45 – 8:45 PM

\*After 8/20, Coach Terry will be taking a well-deserved break until 9/7. Anticipated practice times for Fall will be similar to last year's. We will send out the Fall Practice Schedule and Meet Calendar once it's been finalized. Coach Terry is excited for the upcoming short course season!



## **Coach's Corner** ***"Just a few things"***

We were recently recognized as one of the TOP 50 Age Group teams in the entire country, by the Association of Swim Coaches of America (ASCA). They came up with a formula of looking at times achieved by all swimmers during the second half of 2021. We were fortunate to have 2 of the nation's top 10-Under swimmers, [Lauren Lonsdale](#) and [Tommy Jiang](#), who had multiple times that ranked them in the top 20 of the entire United States. This formula allowed smaller teams like ours, compete equally against all the bigger teams, which was a very fair way of ranking teams across the nation. Lauren is continuing to dominate in her age group, but Tommy has aged up to the 11/12 group yet he's showing he can still stay competitive and be a top dawg among much older swimmers. Which brings me to my next topic:

### **Time to "Age Up"**

"Aging Up" is a bittersweet moment in our swimmer's competitive career. Turning one year older in age is usually a reason to celebrate, but in the swimming world, it means you are competing against athletes who could be nearly 2 years older and a foot taller and much stronger than you. The key is not to get discouraged, but to stay competitive and stay confident. Use this opportunity to try new events and really enjoy racing against your competition, no matter what their age/size.

## **Bill Rose Classic / Prospector's Plunge**

There were so many positives to take from both these meets. We won First Place among small teams and each championship meet, we get more and more swimmers making the cut times. Our 10-Under Girls were so strong, making finals in every event and making for a really strong relay team. The Prospector's Plunge had a lot of our newer, less experienced swimmers competing for the first time and swimming so well. Almost all our veteran swimmers achieved best times, too. This meet had a lot of novice swimmers, and there were stacks and stacks of DQ slips being handed out by the officials. However, SAC only received 3. I was so pleased with that – not only did our swimmers swim well, they swam legally.

### **The upcoming break**

We are taking a two-week break, from August 20 – September 6. My instructions to my swimmers during this time is.... RELAX! Rest your bodies, hang out with your buddies. I want you to come back to the pool in September, ready to train. But during the break, the rest will be good for your bodies.

### **USA Swimming Safe Sport Message of the Month**

*"Coaches should not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities."*

*(Contributed by LeighAnn Kato, SAC Safe Sport Chair)*

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## **Farewell to the Boldarev Family!**



David, age 11, has been part of the SAC family for a very long time, almost from the team's establishment in 2016. Little sister Isabella, age 7, joined the team in 2021, after watching David compete and have fun with the team for many years. According to their mom Elena, Isabella would cry and refuse to get in the water for her swim lessons at the Y, but with Coach Terry, she immediately jumped in the pool and quickly became a fast little Sailfish. We had to bid their family farewell in July as they moved to southern California, where David has recently joined the Canyon Aquatic Club out of Santa Clarita. They would like to stay in touch with their SAC family and hopefully visit us again soon!



### **Isabella Boldareva, White Group Swimmer**

**Favorite Swim Stroke:** [Breaststroke](#)

**Favorite Swim Meet snack:** [Popcorn](#)

**Favorite SAC memory:** [Movie Nights at the pool](#)

**What I will miss about Sacramento:** [All of my friends, schoolteachers, and my old principal.](#)

**What I am excited about living in southern CA:** [Disneyland and Lego Land](#)



### **David Boldarev, Blue Group Swimmer**

**Favorite Swim Event:** [50 Fly and 50 Freestyle](#)

**Favorite Swim meet snack:** [Energy Bars](#)

**Favorite SAC memory:** [Candy Cane Practice at Christmastime](#)

**What I will miss about Sacramento:** [my swim team, Coach Terry, all my friends, Karate practices, BMX bike park](#)

**What I am excited about living in Southern California:** [Disneyland, Universal Studios, Six Flags Magic Mountain, and the ocean!](#)