

Team Newsletter, Sep. 2022



SAILFISH NEWS

*It's a wrap! We completed the entire 2021-22 competition season, starting with the Lodi Hot Dog Meet in September 2021 and ending with the Bill Rose Summer LCM Championship in July 2022! One of the biggest highlights of the season was being named one of the Top 50 Age Group teams in the entire country, by the Association of Swim Coaches of America.

*Good luck to our Sailfish Class of 2022 as they move on to the next chapter of their lives!

Aina: University of Minnesota; *Andrew*: University of Arizona; *Bryan*: CSU Monterey Bay; *Julio*: Cosumnes River College; *Mackenzie*: UC Santa Barbara

*To close out a successful season, Coach Terry rewarded the team with an epic season finale where he recognized all his practice groups, organized fun relays and opened the pool for a big pool party. And did we mention giant popsicles?



Important Dates

- **September 7, Wednesday**
Fall Practice Schedule Begins
- **September 10, Saturday**
Mandatory Parent Meeting
9 AM: Silver Jr/ Sr Families
11 AM: Blue/White Families
- **September 18, Saturday**
Hot Dog Meet @ Tokay High School
- **September 20, Tuesday, 6 PM**
SAC Board Meeting @ the pool
- **September 23 – 25 Friday - Sunday**
SCY Age Group Season Opener
@ Walter Graham Aquatic Center

September Birthdays

Ella L turns 13 on 9/27

Welcome New & Returning Swimmers

Alina G, Asher N, Carlos C, CJ R, Ella L; Emma B, Ethan D, Kaiden V, Lana A, Liam M, Rexton G

Fall Practice Schedule, starting 9/7

- *White Group: 4-4:30 PM, Mon-Fri
11:30 AM – 12:15 PM Sat
- *Blue Group: 4:30 – 5:30 PM, Mon-Fri
10:30 – 11:30 AM, Sat
- *Silver Jr: 5:30-6:45 PM, Mon-Fri
9 – 10:30 AM, Sat
- *Silver Sr: 6:45 – 8:15 PM, Mon-Fri
7 – 9 AM, Sat
- *AM Practice/Parent Swim: 5:45-7:15 AM,
M/Tu/Th/Fri

(Both Silver groups also have Dry Land workouts on M/W/F in the first 15 minutes of practice. Please bring an exercise mat or an extra towel.)

The MAAPP acknowledgment [form](#) must be completed before 9/7, or swimmers will not be permitted to resume practice.



Coach's Corner: "Time to Relax!"

Let me say it again – during the break, I want my swimmers to be resting, relaxing and having fun with their buddies. I know that's what I'll be doing! I'll be golfing, relaxing and recharging for the season ahead. When we come back to the pool on September 7, we're going to get straight to work. We have a lot of new, very skilled swimmers and I'm really excited to see what's ahead for us. Get ready to work hard!

Sacramento Aquatics Club 2022-23 TENTATIVE Meet Schedule

Swim meet name	Type	Date	Qualifying Times	Host	Pool Location
SNS Open Water Champs (See Terry)	OW	9/18	No	DPCC	Lake Natoma
Hot Dog Meet	SCY	9/18	No	LODI	Tokay High School, Lodi
SCY Age Group Season Opener	SCY	9/23-9/25	No	VAC	Walker Graham Aquatics Center, Vacaville
Spooktacular	SCY	10/7-10/9	No	CCA	Woodcreek Pool, Roseville
AGO Pete Fitch	SCY	10/21-10/23	No	STAS	Rio Del Oro Sportsclub
Pumpkin Meet (See Terry)	SCY	22-Oct	No	LODI	Tokay High School, Lodi
WAC Cranberry Classic	SCY	11/18-11/20	No	WAC	Citrus Heights CA
DPCC Thanksgiving Thousand (Tentative)	SCY	24-Nov	No	DPCC	Del Paso Country Club
2022 Holiday Swim Festival	SCY	12/1-12/4	Yes	NSC	Mona Plummer Aquatic Center, Glendale, AZ
Matt Casto Memorial	SCY	12/3-12/4	No	EGAC	Elk Grove Aquatics Center
DART Winter Invite (Tentative)	SCY	12/16-12/18	No	DART	Natomas Aquatic Center
IM Extreme Challenge (Tentative)	SCY	1/20-1/22	No	VAC	Walker Graham Aquatics Center, Vacaville
Bud Meyer Memorial Meet	SCY	1/27-1/29	No	STAS	Rio Del Oro Sportsclub
SNS Senior Short Course Championships	SCY	2/3-2/5	Yes	TBD	TBD
Last Chance JO Qualifier	SCY	2/24-2/26	No	EGAC	Elk Grove Aquatics Center
WAC Last Chance Qualifies	SCY	2/24-2/26	No	WAC	Citrus Heights CA
SNS Short Course Championships	SCY	3/10-3/12	Yes	TBD	TBD
SWAGR	SCY	3/23-3/26	Yes	TBD	TBD
IMX/IMR Challenge	SCY	3/31-4/2	No	AQA	Cameron Park, CA

Meets highlighted in this color are currently tentative. Once they have been finalized we will let everyone know.

If you are going to swim in a meet highlighted in yellow please see Coach Terry before signing up for it.

Meets highlighted in this color require that each swimmer achieves a qualifying time. Please speak with Coach Terry prior to signing up.

*Coach Terry is encouraging every swimmer to attend at least 2 meets during this fall/winter season.

*A travel meet may still be added to our schedule – We are looking for a non qualifying travel meet and will add it as soon as we find one that works.

*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.

USA Swimming Safe Sport Message of the Month

By Mina White, SAC Safe Sport Chair

A reminder that parents are required to acknowledge that they have read the Minor Athlete Abuse Prevention Policies (MAAPP) on a yearly basis. If you haven't done so already this year, please complete the (brief!) online acknowledgment form here before your swimmer joins practice by September 7th: [2022-23 MAAPP 2.0 Acknowledgement Form \(jotform.com\)](https://www.usaswimming.org/2022-23-maapp-2.0-acknowledgement-form-jotform-com). The U.S. Center for Safesport developed the MAAPP in order to limit one-on-one adult/minor interactions and set standards for training and sport settings that prevent abuse and misconduct. Informed by parents, athletes, and experts throughout sport and varied fields related to abuse prevention, the MAAPP is a gold standard for reducing abuse and misconduct in sport.



Message from Jack Mills, SAC Board President

Hello and welcome all to the 2022-2023 Sacramento Aquatics Swim Season!!!

My name is Jack Mills and I have the honor of being the board president for

the next 2 seasons. Working with me on the board will be:

Vice President: Burt Yoshioka
 Treasurer: Bill Lonsdale
 Secretary: Sue-Ping Jiang
 Membership Chair: Andrea Pitcock
 Activities Chair: Miya Simpson
 Meet/Volunteer Coordinator: LeighAnn Kato
 Fundraising Coordinator: Tascha Weatherall
 SafeSport Chair: Mina White
 Parent Liaison: Karen Lonsdale
 Social Media Coordinator: Erin Hamilton

Together our goal will be to help support the swimmers, Coach Terry, Coach Stephen and Coach Jose. This effort is going to take a lot of work so we will be soliciting help from all of the parents on this year's team. We have a long list of activities for the swimmers, we will need volunteers at swim meets and we are always looking for more people that are interested in becoming a USA Swim Certified Official. Please consider volunteering when we send out emails requesting help.

All that said, we are looking forward to an exciting 2022-2023 season with our new swimmers getting in the pool for their first meets, our young returning swimmers taking the next steps at perfecting their strokes and our established swimmers dropping times in their events and qualifying for JO's, SWAGR, High School Sectionals, Far Westerns, Western Zones and beyond!!!

Please feel free to reach out to myself or any of the board members if you have any questions or you are interested in helping out at any of the events that are planned for the upcoming season.

We'll see you on the pool deck soon!

I would also like to recognize two outgoing board members who have made a considerable contribution to the shaping of our team. Nancy Victor and Lane Ruddick have been volunteers on the Sacramento Aquatics Board since the team's inception in 2016. During the past six years, each has had numerous roles on the board, with Nancy's latest role as President and Lane's as Treasurer. Their contributions have been significant to the Sailfish, especially back when we were very small and their leadership helped navigate the team successfully through many financial challenges. As the team began to grow and financial challenges lessened, they were thrown the COVID-19 curveball and quickly made significant adjustments balancing our team's safety and need to keep our children swimming. To their credit, outside of a few weeks where the county shut everything down, they were able to keep our swimmers in the pool. Many of us know what a relief it was to have our swimmers working out and even more importantly still engaging with friends and teammates safely at a time when most teams were shut down and their swimmers were becoming isolated.

Being a relatively new volunteer on the board, I learned very quickly all that goes into managing this team to keep it up and running. It's no small task. Their hard work, dedication and commitment to the team have been exemplary and we have learned a great deal from them. We, as a team, all owe them our gratitude and a huge "Thank you" for their efforts. Make sure to seek them out and thank them when you see them on the pool deck.

On behalf of the Sacramento Aquatics Family, thanks for all of your contributions Nancy & Lane, it is appreciated.

Regards,

Jack

SAVE THE DATE!

Besides swim practices and competitions, we also try to fill our team calendar with fun events and activities that will keep our swimmers excited to come to the pool every day and be part of the team. Here are some tentative dates for events through the end of 2022. We will need the assistance of 2-3 parent volunteers to run these events. If you would like to help, please email our Activities Chair, Miya Simpson at fitnessgroupie@hotmail.com

Saturday, October 29: Super Saturday Pumpkin Practice

Saturday, November 12: SAC Swim to Feed the Hungry

Saturday, December 10: Candy Cane Practice/ Toy Drive/ PJ Party