



Welcome to the Spring/ Summer Season!

Welcome if you are new to the
SFST through our spring league!

And if you are returning members
welcome back!

In this Newsletter you'll find:

Glossary of Terms

Meet Schedule

Question and Answer and our
Sponsors

Best of luck to all our
Swimmers throughout their
seasons and we cannot wait
to see the progress they will
make in our season!

GO SFST!

– GLOSSARY – GET TO KNOW YOUR SWIMMING TERMS

WORD	DEFINTION
Freestyle (FR)	Referred to as front-crawl by non-swimmers, it is often the first of the 4 strokes taught to young swimmers. There are more freestyle events offered at our meets than other strokes, including relays.
Backstroke (BK)	The second of the four strokes traditionally taught to young swimmers, sometimes called "back-crawl". Take freestyle and turn it backwards and you've created a backstroke.
Breaststroke (BR)	Sometimes called the "frog stroke", this is the slowest of the 4 swimming strokes. To successfully swim breaststroke, you must propel your body forward, making a scooping motion with your arms, while also completing a frog kick with your legs.
Butterfly (FL)	The final swimming stroke. This stroke involves flinging your body back and forth, creating pain, while also managing not to drown. Michael Phelps may look graceful swimming the butterfly stroke, but you will not.
Individual Medley (IM)	The swimming version of the gymnastics "all-around", involves swimming all 4 strokes in the order butterfly, backstroke, breaststroke, freestyle. True IM'ers are the rarest kind of swimmer, those who can successfully and quickly swim all 4 strokes.

WORD	DEFINTION
Short Course Yards (SCY)	A form of swimming that takes place in pools measuring 25 yards, traditionally only contested in the United States in the fall and winter at both the age-group and collegiate levels.
Long Course Meters (LCM)	Swimming that occurs in pools measuring 50 meters long, used in both World Championship and Olympic competition. This type of swimming is most common worldwide and is also used in most major international competitions. In the United States, swimmers often race long course during the spring and summer.
Relay	An event that consists of multiple swimmers each completing the same distance of a stroke to combine for a time. A relay team traditionally consists of 4 swimmers.
Disqualification (DQ)	Not Dairy Queen. Getting a DQ means that the swimmer has been disqualified from the race for not performing the correct tasks. The Time doesn't count in that event, but provides a learning opportunity
Official	The people in white shirts and khaki shorts at swim meets, responsible for maintaining the rules. Officials are made up of parent volunteers and are always looking for more help!

Meets for Spring/Summer Season

Meet Calendars can be found here:

<https://www.gomotionapp.com/team/czsdsfs/page/events#/team-events/upcoming>

Must be logged in (Spring League Meets will not be online)

Dates	2025 Summer SFST Meet Schedule	Groups	Deadline
Apr. 12	SFST LCM 1 Day Meet	TBD. Cancelled	Apr. 2
Apr. 30-May 3	TYR Pro Series (Ft. Lauderdale)	Winter Jrs. qualifiers	TBD
Apr. 25-27	Augie Spring Splash	R2, R3, W2, W3, Blue Groups	Apr. 9
May 9-11	SFST Home Meet	R2, R3, W2, W3, Blue Groups	Apr. 23
June 6-8	Brookings	All Groups	May 21
June 20-22	Waukee Waves (Des Moines)	Team Travel: B2/B3; Open for W3 & R3; B Time Standards	Apr. 30
June 27-29	SFST Sanford Invite	All Groups	June 4
July 10-13	Sectionals (Minneapolis, MN)	Qualifiers only	June 11
July 11-13	B Champs (Pierre)	Non state qualifiers or less than 3 SDQ times	June 30
July 18-20	State Champs (Aberdeen)	All Qualifiers	July 2
July 23-26	Futures (Madison, WI)	All Qualifiers	TBD
July 30-Aug. 2	Summer Juniors (Irvine, CA)	Qualifiers	TBD
July 31-Aug. 3	14 & Under Zones (Rochester, MN)	Team South Dakota - qualifiers only	TBD

SIoux FALLS

SWIM TEAM

Spring
Swim League

Kicking Races

(25 Freestyle Kick, 25 Backstroke Kick, 25 Breaststroke Kick)

APRIL 16 & 17

Individual Races

(25 and 50 Freestyle, 25 and 50 Backstroke, 25 Breaststroke, 25 Butterfly)

APRIL 30TH

Relay Carnival

(2 Person 100 Yard Freestyle, 4 Person 100 Yard Freestyle, Breaststroke/Backstroke Relay)

MAY 14TH

Spring League Championships

(25's and 50's of Each Stroke)

MAY 28TH

ALL MEETS AT EMBE
5:30PM WARM UP, 6PM START TIME

SFST Summer 2025 Schedule (Start Date TBD)				
Practice Locations include: Frank Olson Park, Kuehn Park, Midco Aquatic Center, and EmBe				
Blue Groups Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Blue 3: 7-9am @ Frank	Blue 3: 7-9am @ Frank	Blue 3: 7-9am @ Frank	Blue 3: 7-9am @ Frank	Blue 3: 7:00-8:30am @ Midco
Blue 2: 7-8:45am @ Frank	Blue 2: 7-8:45am @ Frank	Blue 2: 7-8:45am @ Frank	Blue 2: 7-8:45am @ Frank	Blue 2: 7:00-8:30am @ Midco
Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-10:00am @ Frank	Blue 1: 8:30-9:45am @ Midco
	Blue 1, 2, & 3: 5:30-7:00pm @ Midco		Blue 1, 2, & 3: 5:30-7:00pm @ Midco	
White 2/White 3 Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
White 3: 8:30-10:00am @ Frank	White 3: 8:30-10:00am @ Frank	White 3: 8:30-10:00am @ Frank	White 3: 8:30-10:00am @ Frank	White 3: 8:30-9:45am @ Midco
White 2: 8:30-10:00am @ Frank	White 2: 8:30-10:00am @ Frank	White 2: 8:30-10:00am @ Frank	White 2: 8:30-10:00am @ Frank	White 2: 8:30-9:45am @ Midco
	White 2 & 3: 5:30-7:00pm @ Midco		White 2 & 3: 5:30-7:00pm @ Midco	
White 2 & 3 are NOT supposed to swim twice a day, it's either morning or evening				
Red Groups & White 1 Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
		Red 2 - 7:30-8:30am @ Kuehn		
	White 1 - 7:30-8:30am @ Kuehn	White 1 - 7:30-8:30am @ Kuehn	White 1 - 7:30-8:30am @ Kuehn	Red 2 - 7:30-8:30am @ Kuehn
Red 3: 8:45-10:00am @ Frank	Red 2: 7:30-8:30am @ Kuehn	Red 1a - 8:30-9:15am @ Kuehn	Red 2: 7:30-8:30am @ Kuehn	White 1 - 7:30-8:30am @ Kuehn
	Red 3: 8:45-10:00am @ Frank	Red 3: 8:45-10:00am @ Frank	Red 3: 8:45-10:00am @ Frank	Red 3: 8:45-9:45am @ Midco
	Red 1a: 8:30-9:15am @ Kuehn		Red 1a: 8:30-9:15am @ Kuehn	
Red 1b - 6:00-6:45pm @ EmBe	Red 1b - 6:00-6:45pm @ EmBe	Red 1b - 6:00-6:45pm @ EmBe	Red 1b - 6:00-6:45pm @ EmBe	
White 1 - 6:45-7:45pm @ EmBe	White 1 - 6:45-7:45pm @ EmBe	White 1 - 6:45-7:45pm @ EmBe	White 1 - 6:45-7:45pm @ EmBe	

“Talking about Practice?!?”

Our coaches spend time and effort coming up with swim practices to help progress not only your swimmer but a team of swimmers to their best every season.

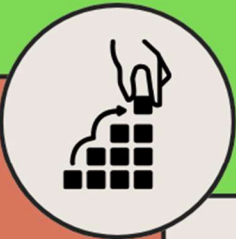
Coaches use practices as time to reinforce technique previously taught, teach new skills, and train aspects of swimming to ensure swimmers are physically and mentally prepared for the demanding races.

Each season, coaches are like Orchestra conductors, coordinating lots of different pieces to create the whole piece. This happens throughout the practice, the week, and the entire season.

So if you don’t see everything in one practice, it will come.

They are carefully crafting the swimmer to be their best when it matters most!

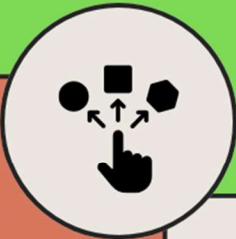
Practice
BREAKDOWN



1

FUNDAMENTALS

The foundation to swimming:
Warming Up
Technique Work
Training



2

VARIETY OF STROKES

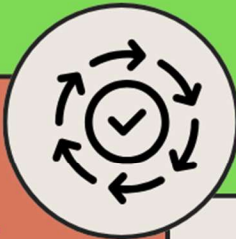
Training and learning the 4 competitive strokes
This takes the most time as each stroke requires a variety of skills



3

EFFORT

Getting our body ready for races takes some level of effort throughout practices



4

CONSISTENCY

Showing up to each practices allows for all these skills to shine on meet day

QUESTION ANSWER

Here to answer questions about your child's swimming



If you have any questions that you would want answered, please use this link to submit your question:

<https://www.gomotionapp.com/team/czsdfs/page/faq/faq-portal>

You must be logged into our website to access the link to ask your questions

Question 1:

When should my new swimmer transition from their regular swim suit (board shorts or regular girls suit) to a competitive swim team suit to when they should be wearing a racing suit?

Our competitive swim suits are meant for when our swimmers make the transition to more swim meets/competitions. Any suit they wear is fine for the Spring League, as we want the kids to be comfortable during their practices and competition.

Sioux Falls Swim Team does have a team competitive suit that is to be worn at our competitions around the state.

Question 2:

How long do the meets typically last?

Meet length is dependent on the type of meet.

Our Spring League meets will last 90 minutes at most, 30 minutes for Warm Up and 1 hour for our meet.

12 and Under Meets are usually capped at 4 hours but may run longer dependent on the meet.

13 and Over Meets can range in time frame, depending on the level. Our State Competition for example does a Morning and Evening session, where swimmers could possibly swim in the same event twice (Finals at Night are where swimmers score points).

Question 3:

How much longer is Long Course Meters (Olympic Course) vs Short Course Yards?

1 Meter = 1.09 Yard (Meter is a little longer than a yard)

The difference in swimming is huge, the Walls are less important than they are in short course.

100 Meter Freestyle has only 1 turn while the 100 yard freestyle has 3.

This 3 to 1 ratio of turns is similar to the stroke count difference. It takes about 2-3x more strokes to complete 1 length in the Meter pool than it does in the short course yards.

Thanks to our Sponsors!

