

Welcome to SFST Newsletter!

Connecting you with happenings of your local swim team

Our goal here at Sioux Falls Swim Team is to provide our swimmers and parents with a high-quality sports program. As we strive to be a high quality program, we want to ensure that we are communicating effectively not only upcoming events, but other things surrounding swimming and our Swim Team!

This newsletter is here to serve our team (Over 250 swimmers!) with upcoming scheduled events as well as more casual swimming information. Our goal is to highlight our program through this newsletter and highlight the athletes that follow our mission and vision of the team.

To finish our introduction, we wanted to display our Club's Mission and Vision in what we do every day:

Mission

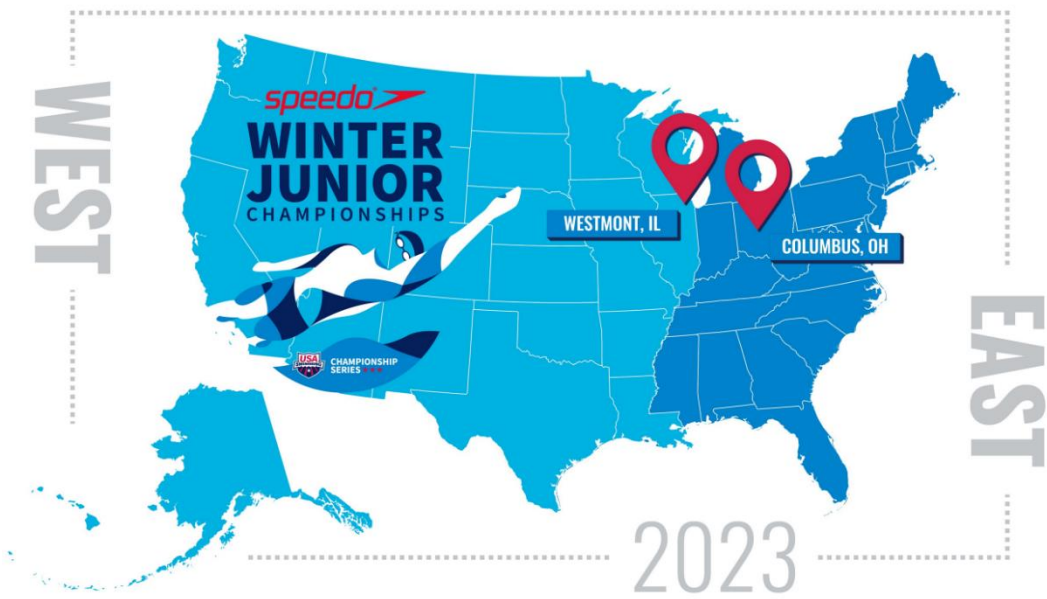
To create a safe environment by protecting all swimmers as they learn and grow into athletes who value commitment, confidence, character and community.

Vision

To instill a lifelong love of swimming and to build a program of high-quality training, team unity, and character development with family and community support, while using state of the art facilities, where every swimmer has the opportunity to achieve their potential at the highest level.



Coach Paula Gordon has seen the growth of our program since its beginning in 2016



Coach Kyle

Speedo Junior Nationals Recap

Update on our Swimmers competing at the National Level

On December 7th, SFST had 4 swimmers attend the Speedo Winter Junior National Championships in Westmont, IL. This competition is the highest-level competition for swimmers 18 and Under in the nation. The meet is held at 2 sites, with a western site in Illinois this year and the Eastern site in Ohio.

Kenzie Hinrich, Brock Russell, Lydia Soldatke, and Rachel Ritter represented SFST for the first time at Winter Juniors. After qualifying in their respective events, each qualified in bonus events as well.

As a brief recap, to qualify for the Junior National Competition, a swimmer must obtain a certain time standard. This is a common practice in swimming and can be seen at the state as well as the national level.

As we approach our state competitions, we do keep in mind the State Standard times. In this newsletter we have set out the time standards for the state meet.

We are proud of the swimmers who attended the Junior National Championships this past month! Through their hard work, they came away with best times and great experience to race at the national level. Our highlight was Brock making the C Final and finishing 18th place overall!

It is our hope that their hard work paves a path for our younger swimmers to make this meet in the future. It is not an easy meet to make, let alone swim fast at and final (score points). If we can continue the work of these swimmers, we can grow SFST at the national level!

Safe Sport Training

Help us cross the Finish Line!

We need your help to complete our Safe Sport Training! We have simple instructions to help get our club Safe Sport Compliant
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Midwest All-Stars

Find the list of Qualifiers on Pg 3

18 Swimmers have been chosen to represent Team South Dakota at the Midwest All-Stars meet in Des Moines, IA on January 6th and 7th
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Coaches Corner

Shoutouts from your Coaches

Each of your SFST Coach wanted to shout out those swimmers that are going above and beyond in their practices or attitudes.
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Meets and Important Dates for Championship Season (January through March)

Important competition and practice adjustments

All calendar information can be found on our Google calendar:

<https://www.gomotionapp.com/team/czsdfs/page/calendar1>

January 5th -

SFST Intrasquad Meet - Midco
(Deadline 12/27)

January 6th to 7th -

Midwest All Stars - Des Moines, IA
(Invite through Team SD)

January 19th to 21st -

SFST January Invite Prelim/Final
(Deadline January 3rd)

February 9th to 10th -

B Championships - Aberdeen
(All Groups/Non-State Qualifiers)
Deadline January 24th

February 16th to 18th

Rochester Invite- Rochester, MN
(13 & Over Qualifiers)
Deadline Dec 13

February 23rd to 25th

12 & Under State Championships*
All Qualifiers - Midco
Deadline February 7th

February 29th to March 3rd

13 & Over Championships Prelim/Final*
All Qualifiers
Deadline February 14th

March 7th to 10th

Speedo Sectionals - Iowa City, IA
Blue 2/3 Qualifiers
Deadline February 14th

March 27th to 30th

NCSA Age Group Champs - Orlando, FL
14&Under Qualifiers
Deadline March 4th

*Our state meets are for those who qualify with the times below

We advise anyone with 2 or less State Times to swim at the B State Championships

2021-2024 SD SC State Qualifying Times -- Girls

8 & Under	SCY	LCM	SCM
25 Free	23.39	NA	25.79
50 Free	52.59	59.59	58.09
100 Free	1:56.49	2:12.59	2:08.69
200 Free	4:08.79	4:42.29	4:35.19
25 Back	28.19	NA	31.19
50 Back	1:03.49	1:14.19	1:10.19
100 Back	2:12.59	2:34.99	2:26.49
25 Breast	31.99	NA	35.39
50 Breast	1:11.89	1:21.69	1:19.59
100 Breast	2:33.59	2:55.29	2:49.69
25 Fly	28.49	NA	31.49
50 Fly	1:03.99	1:12.09	1:10.79
100 Fly	2:28.19	2:48.99	2:43.79
200 IM	2:13.39	NA	2:27.49
100 IM	4:33.19	5:11.79	5:01.89

13-14	SCY	LCM	SCM
50 Free	32.59	37.09	36.09
100 Free	1:10.59	1:20.49	1:18.29
200 Free	2:32.09	2:54.29	2:49.29
400/500 Free	6:47.79	6:06.79	5:58.29
800/1000 Free	14:01.99	12:35.99	12:16.89
1500/1650 Free	23:23.49	24:06.39	23:15.29
100 Back	1:16.69	1:29.99	1:25.29
200 Back	2:46.79	3:12.39	3:04.89
100 Breast	1:27.99	1:42.09	1:37.99
200 Breast	3:10.89	3:39.69	3:32.19
100 Fly	1:16.39	1:26.59	1:24.99
200 Fly	2:48.99	3:12.99	3:07.89
100 IM	1:18.19	1:30.09	1:27.19
200 IM	2:49.79	3:15.79	3:09.49
400 IM	6:03.59	6:55.49	6:44.19

9-10	SCY	LCM	SCM
50 Free	38.89	44.09	42.99
100 Free	1:29.59	1:41.99	1:38.99
200 Free	3:18.99	3:45.79	3:40.09
400/500 Free	8:25.39	7:36.79	7:22.89
50 Back	46.99	54.89	51.99
100 Back	1:41.99	1:59.19	1:52.69
50 Breast	53.19	1:00.49	58.89
100 Breast	1:58.09	2:14.79	2:10.49
50 Fly	47.39	53.39	52.39
100 Fly	1:53.99	2:09.99	2:05.99
100 IM	1:42.59	NA	1:53.39
200 IM	3:38.49	4:09.39	4:01.49

15-16	SCY	LCM	SCM
50 Free	31.79	36.39	35.39
100 Free	1:08.89	1:19.19	1:16.89
200 Free	2:29.39	2:50.49	2:45.59
400/500 Free	6:40.59	5:58.49	5:50.69
800/1000 Free	13:49.19	12:21.29	12:05.69
1500/1650 Free	23:05.19	23:43.89	22:57.09
100 Back	1:14.69	1:27.29	1:23.39
200 Back	2:42.99	3:08.39	3:01.39
100 Breast	1:25.89	1:39.49	1:36.09
200 Breast	3:05.99	3:35.89	3:27.89
100 Fly	1:14.69	1:25.39	1:23.29
200 Fly	2:45.29	3:07.29	3:04.29
100 IM	1:16.79	1:28.29	1:25.49
200 IM	2:46.79	3:11.89	3:05.79
400 IM	5:55.89	6:47.89	6:35.09

11-12	SCY	LCM	SCM
50 Free	33.59	38.39	37.29
100 Free	1:13.59	1:24.09	1:21.29
200 Free	2:40.39	3:02.29	2:58.09
400/500 Free	7:08.79	6:23.89	6:15.49
50 Back	38.09	43.99	42.39
100 Back	1:24.79	1:38.69	1:34.19
50 Breast	42.99	48.99	47.59
100 Breast	1:34.09	1:48.89	1:44.29
50 Fly	36.49	41.29	40.59
100 Fly	1:24.39	1:36.19	1:33.99
100 IM	1:24.09	NA	1:33.19
200 IM	3:00.19	3:26.09	3:19.69

17-19	SCY	LCM	SCM
50 Free	31.39	36.19	34.79
100 Free	1:08.19	1:18.59	1:15.29
200 Free	2:28.49	2:49.59	2:44.19
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200 Free	4:22.19	4:59.89	4:49.69
25 Back	31.99	NA	35.59
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These are the State times for South Dakota Swimming LSC. There are 3 different courses in swimming: Short Course Yards (25 yards- SCY), Long Course Meters (50 Meters- LCM), and Short Course Meters (25 Meters - SCM).

In our current season, we look at SCY times for our state qualifying times. Most our meets are SCY

Coach Matt

**SF Swim Things:
Opinion Column**

What makes SFST special



Hello Everyone! This part of our newsletter is to serve as a place where we have things that can help our swimmers but are not essential to meets or training. You might find recipes (like the one below), race strategies, interesting articles, or writings from your coaches!

In our first edition, we wanted to make it clear that none of this is possible without your support and trust in us with your children. In other words,

THANK YOU!

Nothing that we do in the water is possible without you as the parents first. Your swim coaches are committed to helping your child grow not only in the pool, but out of the pool as well. As much as we work to help that growth, it does start with the community and people around the swimmer.

The parenting and commitment to this team has helped Sioux Falls Swim Team to the position that it is in. Our program relies on you supporting your children and their journey as a swimmer, as well as we rely on the help of parents to help run our meets. If you are looking for ways to become more involved, follow the links below.

There are also resources to help you get more involved in the sport of swimming, be closer to the races, and help our team in a bigger way!

Links:

<https://www.gomotionapp.com/team/czsd/sfs/page/parent-resources/the-10-commandments>

<https://www.gomotionapp.com/team/czsd/sfs/page/parent-resources/become-an-official>

Coach Kyle

**Congrats to your SD
Mid-West All Stars!**

The latest updates

We had 18 athletes selected to be a part of the South Dakota team for the Mid-West All Stars meet in Des Moines, IA. Team South Dakota is allowed 12 swimmers per age group, per gender.

SFST will have 18 total swimmers for Team South Dakota!

Congratulations to the following swimmer for making the South Dakota All-Star team:

Ethan Gugel, Kyla Hinrich, Kinley Hinrich, Kolton Hinrich, Christian Jerstad, Hudson Lee, Tessa Letham, Bennett Pankratz, Thomas Pardy, Willow Pesola, Rachel Ritter, Brooke Schietler, Lia Tiangco, Maia Tiangco, Mia Topolinski, Isaiah Voelzke, Rylee Wagers, Kierra Wagers.

Also a special shout out to Coach Brooke for being selected as one of the Team South Dakota coaches for this year's All Star Meet.

**Fueling Station Recipe:
Crockpot Chicken Tortilla Soup**

Recipe to help fuel your hungry swimmer!

This deliciously amazing recipe is sure to warm you for upcoming chilly winter evenings. If you have 10 minutes in the morning, you can make this soup! You can even put all ingredients in the crock pot at night; refrigerate overnight and then turn on to cook in the morning to save those precious morning minutes. Enjoy!!

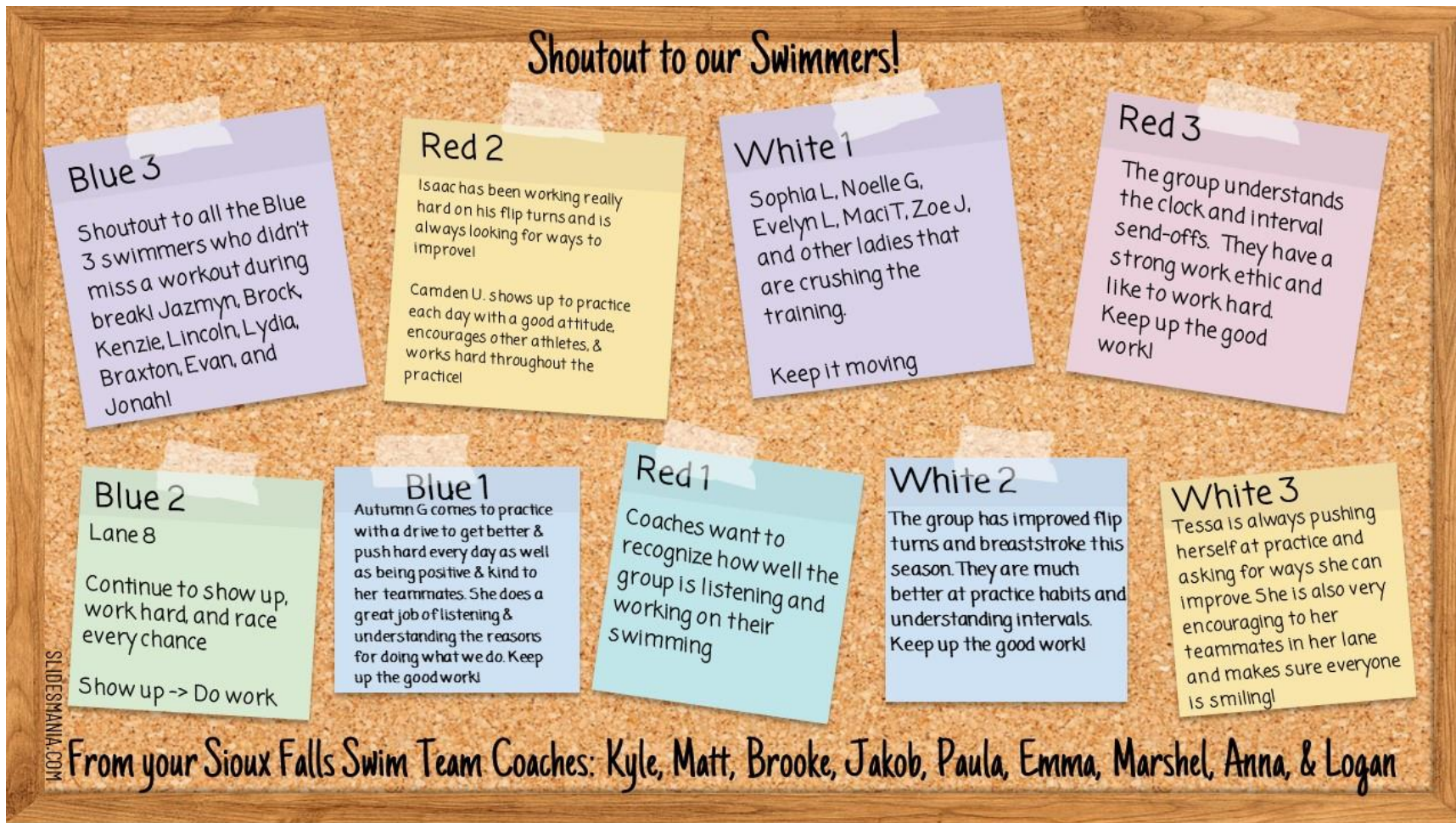
Recipe provided by: <https://beinewellnessbuilding.net/chickentortillasoup/>

Ingredients

- 1+ 1/2 pounds chicken breasts
- 16oz jar salsa
- 5 cups chicken broth
- 1 Tablespoon cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 + 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper (optional)
- 15oz can black beans (rinsed and drained)
- 15 oz frozen corn or can corn (more or less is ok)
- 3 Tablespoon lemon or lime juice
- Toppings—Tortilla Chips, Sour Cream, Cilantro, Cheese, Green Onions

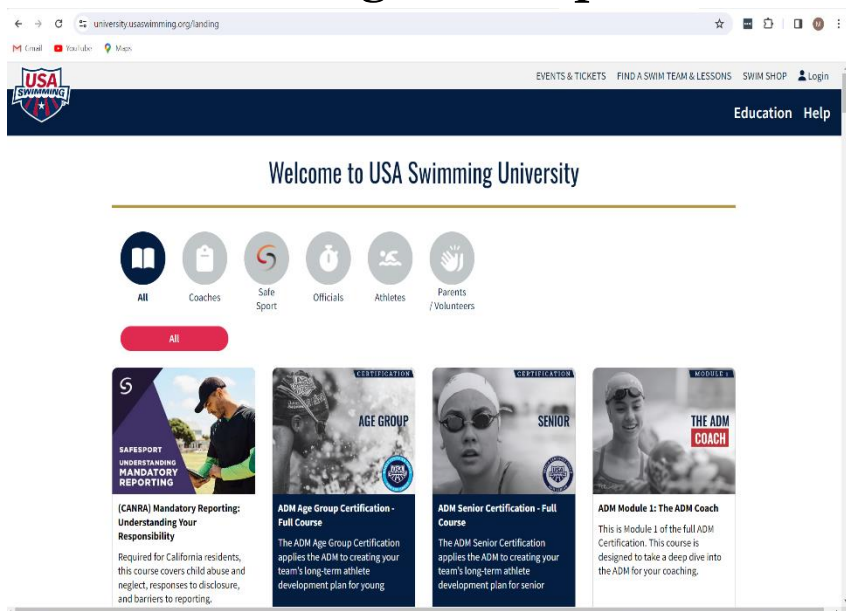
Instructions

- Pour salsa and chicken broth into crock pot
- Place chicken breasts in crock pot
- In a small bowl combine dry seasoning ingredients (mix)
- Add seasoning mix, beans, corn, and lemon/lime juice to the crock pot and stir
- Cook on low for 6-8 hours or high for 4-6 hours
- With two forks or a slotted spoon, remove chicken and shred on cutting board
- Add chicken back to soup mixture and stir to combine
- Serve with any toppings desired



Help Us by Completing Safe Sport Courses!

Safe Sport Courses can help you become more aware of best practices of USA Swimming and help us climb the club rankings



USA Swimming offers Safe Sport training for our athletes and parents to help with clarity of best practices within the sport and our organization. Along with more awareness and understanding of the best practices, USA Swimming ties in their Club Excellence rankings to those clubs active in their Safe Sport Training.

SFST was ranked just outside of the top 200 clubs in the nation for 2023, and we want to get a jump on the rankings for next year by competing our Safe Sport Training. To complete our training we need your help! Follow our steps to help complete our training and become Safe Sport Certified

1. Go to USA Swimming Learning Center
 - a. Use this link to go to USA Swimming learning center; <https://university.usaswimming.org/landing>
 - b. Click on Login and use your USA membership to login

2. Click on Safe Sport Icon at the top of the Learning Center
 - a. Athletes ages 13-17 can access the course “Safe Sport for Youth Athletes” to help us get closer to being Safe Sport Certified. Check below for reference of a picture of the course.
 - b. Parents can access the course “Parent’s Guide to Misconduct in Sport” to help us in our Safe Sport Certification. Check below for reference of a picture of the course.

All courses can be accessed through USA Swimming:

<https://university.usaswimming.org/landing>

3. Complete the course (Only takes about 1 hour)

After completing the course, you are done!
Thanks for your help in getting our club to be recognized as a premier swim club in the nation.

We appreciate your help in our Safe Sport Compliance training! These courses help bring more awareness to the safe practices surrounding USA Swimming and the standards your coaches strive to provide.

