



How can my swimmer improve before the end of the season

Secrets to Success from Coach Matt

We are nearing the end of our Fall/Winter season with only 6 weeks until our 12 and under state meet and 7 weeks for our 13 and over meet. In this small amount of time there is a solution to help your swimmer have their best chance to have a great end of season meet.

SHOW UP

That’s the secret to our sport and to performance. At SFST we want to provide your child every opportunity to succeed in the swimming, but it is a tough task to create better swimmers when they are not in the water.

There are times in life where swimming should not be placed as the priority. We do understand that schedules are busy with siblings, other activities, and life in general. This is just a reminder that we use swimming as a tool for time management and commitment to long-term goals. If your child has a passion to see what they can do in this sport, give them an opportunity to show up!

Showing up to practices will not guarantee success at our end of season meets, but it does give the swimmer a better shot! As we are winding down and getting closer to our championship season, try out the secret to success and show up!



stevemagness  The secret to getting better? Show up. It's true in sport, school, and life.

The real secret of world-class performers isn't the daily routines that they develop, but that they stick to them.

There is no replacement for showing up, day in and day out, to hone your craft.

Show up. Do the work. Consistency is the name of the game.

-Steve

Excerpt from former college track coach and coach that I admire. Something that can be applied to anything in life

SOUTH DAKOTA

ALL STAR TEAM

SIOUX FALLS SWIM TEAM ATHLETES

GAVIN MAHROUS	KOLTON HINRICH
GABBY MILLER	MIA TOPOLINSKI
ALEX SPANOS	ETHAN GUGEL
ISAAC PITZ	KINLEY HINRICH
KYLA HINRICH	RYLEE WAGERS
ANNIKA BOCKHOLT	HUDSON LEE
AUTUMN GILHOOLY	SOPHIA REIT
ISAIAH VOLZKE	ANDREW MILLER
BENNETT PANKRATZ	ADDISON PITZ

Congrats to our Teammates selected for All-Stars

The following swimmers have been selected to the South Dakota All Stars team to compete in the Midwest All Star meet Jan 10-12

The Midwest All Star meet is a meet held every year that takes the Top 5 in each event for Boys and Girls ages 14 and younger in the following states:

- Iowa
- North Dakota
- South Dakota
- Nebraska
- Colorado
- Missouri

Swimmers from Sioux Falls Swim team have earned the right to represent the State of South Dakota on January 10th through January 12th in Des Moines, Iowa in their individual events and relays.

Good Luck to our Swimmers!



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

January 11 to 12th -

Watertown Optimist Meet
(Watertown, SD)

January 10 to 12th -

Midwest All Stars Meet
(Des Moines, IA)

January 24 to 26th -

SFST January Invite
Prelim/Final
(Sioux Falls, SD)

February 7 to 9th -

B Championships - Pierre
(All Groups/Non-State Qualifiers)
Deadline January 26th

February 19th

EmBe End of Season Meet
Any swimmer not swimming at Pierre/Mitchell
Deadline February 12th

February 24rd to 26th

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

February 27th to March 2nd

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

March 13th to 16th

Speedo Sectionals - Rochester, MN
Qualifiers
Deadline March 2nd

March 26th to 29th

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

2024-2028 SD SC State Qualifying Times -- Girls

8 & Under	SCY	LCM	SCM
25 Free	23.89	NA	26.39
50 Free	53.79	1:01.19	59.39
100 Free	1:58.09	2:15.39	2:10.39
200 Free	4:13.49	4:48.79	4:39.99
25 Back	29.19	NA	32.29
50 Back	1:05.59	1:15.39	1:12.49
100 Back	2:17.59	2:38.09	2:31.99
25 Breast	32.79	NA	36.19
50 Breast	1:13.69	1:23.99	1:21.39
100 Breast	2:36.39	3:01.29	2:52.79
25 Fly	29.09	NA	32.09
50 Fly	1:05.39	1:13.59	1:12.29
100 Fly	2:31.69	2:52.69	2:47.59
100 IM	2:15.59	NA	2:29.79
200 IM	4:37.69	5:19.69	5:06.79

9-10	SCY	LCM	SCM
50 Free	39.79	45.29	43.99
100 Free	1:30.79	1:44.09	1:40.29
200 Free	3:22.79	3:50.99	3:43.99
400/500 Free	8:36.69	7:48.59	7:32.19
50 Back	48.59	55.79	53.69
100 Back	1:45.79	2:01.59	1:56.89
50 Breast	54.59	1:02.19	1:00.29
100 Breast	2:00.29	2:19.39	2:12.89
50 Fly	48.39	54.49	53.49
100 Fly	1:56.69	2:12.79	2:08.89
100 IM	1:44.29	NA	1:55.19
200 IM	3:42.09	4:15.69	4:05.39

11-12	SCY	LCM	SCM
50 Free	33.99	38.49	37.59
100 Free	1:14.69	1:25.59	1:22.49
200 Free	2:42.59	3:06.39	2:59.59
400/500 Free	7:16.89	6:32.89	6:22.29
50 Back	38.79	44.79	42.79
100 Back	1:26.59	1:40.59	1:35.69
50 Breast	43.99	49.79	48.59
100 Breast	1:36.49	1:50.39	1:46.59
50 Fly	36.89	41.79	40.79
100 Fly	1:25.79	1:38.29	1:34.79
100 IM	1:25.19	NA	1:34.19
200 IM	3:03.89	3:30.59	3:23.19

13-14	SCY	LCM	SCM
50 Free	32.49	37.19	35.99
100 Free	1:10.99	1:21.19	1:18.49
200 Free	2:33.59	2:55.29	2:49.79
400/500 Free	6:52.19	6:08.09	6:00.69
800/1000 Free	14:11.09	12:45.49	12:24.69
1500/1650 Free	23:42.89	24:28.39	23:34.29
100 Back	1:16.89	1:29.69	1:24.99
200 Back	2:46.39	3:13.29	3:03.89
100 Breast	1:28.69	1:42.39	1:37.99
200 Breast	3:10.99	3:40.29	3:31.09
100 Fly	1:16.79	1:27.19	1:24.89
200 Fly	2:51.19	3:15.69	3:09.19
100 IM	1:19.09	NA	1:27.39
200 IM	2:51.79	3:17.19	3:09.79
400 IM	6:05.79	6:57.99	6:44.19

15-16	SCY	LCM	SCM
50 Free	31.79	36.09	35.09
100 Free	1:08.79	1:18.39	1:15.99
200 Free	2:28.99	2:49.19	2:44.69
400/500 Free	6:40.99	5:55.19	5:50.89
800/1000 Free	13:52.89	12:17.79	12:08.79
1500/1650 Free	23:15.89	23:33.49	23:07.49
100 Back	1:14.69	1:26.89	1:22.59
200 Back	2:42.19	3:06.79	2:59.29
100 Breast	1:25.89	1:38.59	1:34.99
200 Breast	3:05.99	3:32.49	3:25.49
100 Fly	1:14.39	1:24.29	1:22.19
200 Fly	2:45.79	3:07.79	3:03.19
100 IM	1:16.49	NA	1:24.49
200 IM	2:46.19	3:11.19	3:03.59
400 IM	5:54.99	6:44.69	6:32.29

17-19	SCY	LCM	SCM
50 Free	31.39	35.89	34.69
100 Free	1:08.09	1:17.69	1:15.19
200 Free	2:27.19	2:47.69	2:42.69
400/500 Free	6:36.49	5:53.39	5:46.89
800/1000 Free	13:46.09	12:10.29	12:02.79
1500/1650 Free	22:47.19	23:20.89	22:38.99
100 Back	1:13.39	1:25.89	1:21.09
200 Back	2:38.79	3:05.79	2:55.39
100 Breast	1:24.79	1:37.49	1:33.69
200 Breast	3:04.69	3:29.89	3:24.09
100 Fly	1:13.59	1:23.59	1:21.29
200 Fly	2:42.79	3:04.49	2:59.89
100 IM	1:15.29	NA	1:23.19
200 IM	2:43.59	3:09.29	3:00.69
400 IM	5:50.69	6:40.29	6:27.49

2024-2028 SD SC State Qualifying Times -- Boys

8 & Under	SCY	LCM	SCM
25 Free	25.39	NA	28.09
50 Free	57.09	1:05.79	1:03.09
100 Free	2:08.19	2:27.09	2:21.29
200 Free	4:25.99	5:04.29	4:53.89
25 Back	32.59	NA	35.99
50 Back	1:13.29	1:23.99	1:20.99
100 Back	2:27.49	2:50.69	2:42.69
25 Breast	35.99	NA	39.79
50 Breast	1:20.89	1:32.19	1:29.39
100 Breast	2:46.99	3:14.49	3:04.39
25 Fly	31.69	NA	34.99
50 Fly	1:11.19	1:20.09	1:18.69
100 Fly	2:49.89	3:13.89	3:07.59
100 IM	2:25.09	NA	2:40.19
200 IM	5:05.39	5:48.39	5:37.49

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50 Free	42.29	48.69	46.69
100 Free	1:38.59	1:53.09	1:48.69
200 Free	3:32.79	4:03.39	3:55.09
400/500 Free	9:20.29	8:29.29	8:10.29
50 Back	54.29	1:02.19	59.99
100 Back	1:53.39	2:11.29	2:05.09
50 Breast	59.89	1:08.29	1:06.19
100 Breast	2:08.39	2:29.59	2:21.79
50 Fly	52.69	59.29	58.29
100 Fly	2:10.69	2:29.09	2:24.29
100 IM	1:51.59	NA	2:03.19
200 IM	4:04.29	4:38.69	4:29.99

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100 Free	1:16.99	1:28.39	1:25.09
200 Free	2:48.09	3:12.99	3:05.69
400/500 Free	7:32.19	6:50.49	6:35.79
50 Back	41.49	47.99	45.79
100 Back	1:29.19	1:45.49	1:38.59
50 Breast	46.79	53.69	51.69
100 Breast	1:40.09	1:56.49	1:50.49
50 Fly	39.99	45.29	44.29
100 Fly	1:30.19	1:43.29	1:39.59
100 IM	1:28.29	NA	1:37.49
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200 Fly	2:48.89	3:13.59	3:06.59
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100 IM	1:13.09	NA	1:20.79
200 IM	2:38.79	3:05.09	2:55.49
400 IM	5:41.89	6:35.89	6:17.69

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

Compare your child’s times with the times listed on these spread sheets, your child earns a state time when they match or beat the time in the spreadsheet. These times must be done at a sanctioned meet (Not a Fall League meet except the Championship) and your child must have a premium USA Swimming Membership.



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:
How come the info on SportsEngine with my swimmer’s “best times” doesn’t seem accurate as far as what’s state qualifying. Example an event shows green and indicates a state qualifying time. Checking the SD Swim table, that same time is NOT a qualifying one.

Answer:
The time on the SportsEngine app is most likely connected to the older State Time standards. The system will reflect the state times as we get closer to our state meets but the most accurate for the short term is to compare your swimmers’ time with the online site or the above graphs.

Question 2:
What should I expect at my first swim meet at Midco?

Answer:
At your first Midco swim meet, you'll compete in races with other swimmers your age and skill level. This meet includes a lot of different ages and abilities as well as different events. When we set up the meet, we put your swimmer in their events. Their seed times will put them in heats with swimmers of similar abilities. Doing this makes for some fun races and brings out the best in our swimmers!

This Midco meet will be set up a little differently where we will be using 2 different pools. We want to make sure that we get enough races in during the weekend and will be splitting up Girls and Boys races to the different sides of the pool.

Our 10 and unders will only be in 1 pool near the diving boards.

Lastly, this meet is a Prelims/Finals Meet meaning if your child swims well in the morning and places in the Top 10 (11-12 year olds) or Top 30 (13 and over swimmers), then they will come back and swim at night in the same event. Your child can check with the coach at the end of the morning swims on Saturday and Sunday to see if they made it to finals.

Question 3:
How will we know when to show up for our races?

Answer:
Please use our grid system found here: <https://www.gomotionapp.com/team/czsdfs/page/parent-resources/new-parents> with their Event Number, their Heat, and their lane.

We want the swimmer to talk with the coach before their race, usually 1 event before their race (If they are racing #5, then they talk to coach during event #4). After they talk with their coach, the swimmer should go straight to their lane and find their heat. We don’t want to be yelling and looking for swimmers before their race. After their race, each swimmer should go to the coach to discuss how they did and take things to learn from into the next race.

After that each swimmer can hang out with their friends on the pool deck or their parents up in the stands until their next race.

Thanks to our Sponsors!

