

Our team does not function without the time spent volunteering from all our parents. It takes a village to help run our swim meets and we appreciate every parent that helps us run our meets.

There are some families that go above and beyond their requirements, and we wanted to give a shoutout to those families!



THANK YOU TO ALL OUR SUPER VOLUNTEERS

Ahrendt

Tiangco

Baumgartner

Cauwels

Gugel

Harris

Hein

Kay

Kemper

Letham

Lovrien

Miller

Pankratz

Pickett

Reit

Ritter

Skorjanec

Soldatke

Spanos

VanKeulen

Families that went above their 3 session requirement



[Thank you to the Tiancgos for taking pictures at the 13 and Over meet!](#)

2025 State A 13&Over Results:

	SIoux FALLS SWIM TEAM 1ST 5144.5 PTS
	WATERTOWN AREA SWIM CLUB 2ND 2667.5 PTS
	RUSHMORE SWIM TEAM 3RD 1521 PTS

2025 State A 12&Under Results:

	SIoux FALLS SWIM TEAM 1ST 2878 PTS
	WATERTOWN AREA SWIM CLUB 2ND 2132 PTS
	RUSHMORE SWIM TEAM 3RD 1257 PTS

Congratulations to both 12 and Unders and 13 and Over groups for their performances at state!

Sioux Falls Swim Team earned 1st Place in the Percentage Award in addition to total team points

Many thanks to all those who volunteered as timers, officials, hospitality, and awards throughout the busy championship season



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

**Fins hurt my child's feet when they wear them for extended periods.
How do we prevent this cramping/pain when wearing fins?**

When fins are worn for an extended period during practice, they might cause a cramp in the arch of the foot. This cramp is most likely due to the tightness of the fin or the position of foot during kicking. There is not a certain brand that can prevent this cramping, or a certain brand that causes more cramps. Some tips from the coaches to mitigate these cramps are to limit the time the fins are worn. Coaches may have fins in the workout, but if your child is struggling with the fins have them let the coach know and the coach will allow them to take off their fins. If your swimmer is older and is looking for a fin that they might have for a couple years, then a fin like our Arena Power Pro fin could be a good fit. The fin opening up the heel does seem to mitigate (but not eliminate) cramps.

How should swimmers handle lane etiquette when it is impacting their ability to swim their pace during practices?

Great question coming from our submission link above, with lots of specific scenarios listed. Below are answers to the scenarios but the general lane etiquette will be listed out.
Overall, swimmers do have individual progressions in the sport. Coaches do try their best to put swimmers of similar abilities in the lanes, but we are limited and do encourage proper lane etiquette. Our mission as a club is to teach the swimmers about the swimming community, and learning how to share the lane is an important aspect of our team!

How and when do you pass a slower swimmer or allow a faster swimmer to pass?

There is no set rule for when you pass a swimmer. There are different scenarios, but a good rule is once the swimmer passing touches the foot of the swimmer about to be passed, then the swimmers switch positions. Sometimes it is better for the swimmers to get to the wall before letting the swimmer pass, which helps with the flow of the lane.
Swimmers also can talk with their teammates about who is leading the workout, and switch before pushing off for the first part of the swim set. This is a good example of communicating our abilities and working together.

What do you do when a swimmer is swimming slower but won't let someone pass- continually slowing up the swimmer(s) that are behind? When a swimmer is grabbing the feet of the swimmer in front of them but then not going in front of the slower swimmer when it is offered to them and keep grabbing their feet?

Both scenarios happen and is frustrating to the swimmer. Swimmers can try to talk with their teammate in between sets to help coordinate a better lane group send offs but do so while being a good teammate. If cooperation among those in the lane is not effective, then the child should be mentioned to the coach before or after practice to help the coach organize the workouts more effectively the next time. Coaches do watch for these interactions between teammates but might not always catch it.

What does Spring and Summer Swimming look like?

We are planning on starting our Spring Session at the Start of April, with having break from Practices in March (with offering Technique clinics for an additional cost throughout March).
Spring Practices will look similar to what we have done in the Fall/Winter. There will be a few changes as we enter Long Course Season when we have the 50 M Pool at Midco. Those changes will be sent out through Email and on our Google Calendars.
Summer Practices will also be sent out when outdoor pools open up in June.
Meets for most of our competitive team will be Long Course Meters, with our State Competition at the end of Season being in LCM. Coaches are looking at hosting some meets in our yards pool and will have that schedule out when we start the season.

Thanks to our Sponsors!

