



Above (Left to Right top to bottom):
Braxton V, Evan M, Brock R, Hudson V, Gabriel W,
Carson P, Weston V, Tyler K, Cameron U, Camilla U,
Courtney U, Sylvia B, Rachel R, Sophia R, Lydia S, Sarah
G, Maddy R, Lia T.

Pictured below (left to right):

Lincoln A, Braxton V, Tyler K, Evan M,
Hudson V, Greyson C, Kennedy C,
Maddy R, Lexi S, Reagan L.



Pictured above (left to right):
Cameron U, Weston V, Tyler K, Moad H, Maddy R, Rachel R,
Lydia S.

Pictured below (left to right):

Lincoln A, Braxton V, Tyler K, Evan M,
Hudson V, Greyson C, Kennedy C,
Maddy R, Lexi S, Reagan L.



Maddy R, Kennedy C, Hudson V, Grayson C, Reagan L, Lexi S, Evan M, Braxton V, and Lincoln A. (Left to Right)

SFST Gives Back

Swimmers from the SFST took time out of their weekend to give back to those in less fortunate situations

St. Francis House

During the holiday season, members of the Blue 3 group took their time and help to the St. Francis House. The St. Francis House has a mission to move those from Homelessness to Hope. Our swimmers took a small part in helping this mission by serving a warm meal to those in need.

Thank you to all those swimmers and parents who helped in giving back to the community!

For more information about St. Francis House, please find them at this link:
<https://www.stfrancishouse.com/>

The Banquet

Blue 2 and Blue 3 athletes went out in February to help serve another warm meal to those less fortunate.

The Banquet is an organization that has been around for 35 years, helping serve 16 meals a week through and with volunteers. Our swimmers committed to serving the needs of the community as well as preparing and cleaning up the meal.

More information about the Banquet can be found at: <https://thebanquetsf.org/about-us>

More pictures can be found on page 4

Upcoming Schedule

Busy upcoming Season with Championships coming up

We have a busy upcoming schedule with schedule changes, championship meets, and the end of our short course yards season.

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Fish out of Water

Check out our picture page with activities from our different groups!

This is just the beginning of what our parent liaisons are doing to help out with the team. Thank you to Wendy Kay and the board for helping get those in place. Check out Red 1 sledding for their group outing of fun.

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Coaches Corner

Check out who made our board for being great teammates!

This month we wanted to focus on those teammates who are great at being teammates. Those that give high fives and remind us that although we compete individually, we swim with our team!

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March Technique Clinics

After the end of our Short Course Season, your SFST coaches will be hosting technique clinics for each of our groups to help start off our Long Course season with solid stroke mechanics!

The schedule for our clinics will be listed below. Our goal is to allow our swimmers to have access to our coaches in a smaller group setting.

Week of March 4th
Freestyle Week

Week of March 11th
Backstroke and Breaststroke Week

Week of March 18th
Butterfly, Underwater Kicking, and Starts Week

Week of March 25th
No Practices

March Technique Clinic Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Red Group	Monday (EmBE)	Thursday (Midco)
Blue 2*	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	Red 1	6-7pm	n/a
Blue 1	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	Red 2	4-5PM	n/a
White 3	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	Red 3	5-6PM	5-6PM
White 2	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30			
White 1	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30			

*NO BLUE 2 ON WEEK OF MARCH 4TH - 2ND WEEK OF END OF SEASON BREAK

Championship Meet Information

South Dakota B Champs	South Dakota 12 & Under State Championships	South Dakota 13 & Over State Championships	Speedo Sectional Championship Series
Open to all swimmers who have not earned a State Qualifying Time	Open to swimmers who have earned the State Qualifying times	Open to swimmers who have earned the State Qualifying Times	Open to swimmers who have earned Sectional Qualifying Times
Sign-ups have passed	Sign ups are past (2/7)	Sign-ups are due 2/14!	Sign ups are due 2/14
Aberdeen, SD	Sioux Falls, SD	Please indicate whether or not your will be available Thursday	Team Travel Event
YMCA	February 23 rd - 25 th	Watertown, SD	Iowa City, IA
February 9-11th	Come out and support our hardworking 12 & Under groups!	February 29 th - March 3 rd	March 7 th -10 th



Tis the Season!

An opinion piece by Coach Matt on the best time of the swim season, and the exciting year ahead of swimming

Late Winter, Early spring is my favorite time for swimming. For many, summer swimming would be the natural top choice, but to me it is when its cold and snowy. When you look around the country, you will see swim teams getting ready to race at their fastest. Championship meet season is right around the corner, where swimmers want to be at their best for themselves and for their team.

As early as September, your SFST coaches circle the meets in February to work towards and prepare our team to swim fast. Although we do want our swimmers to achieve best times throughout the year, your coaches focus on the swimmer to be at their best at the biggest moment. The end of the season is usually that time, where all the work culminates to team and individual championships.

For me, it is a fun time to look around the country to all the teams I have been a part of and cheer on their swimmers as they compete. I will be looking towards the Texas High school championships, Utah High school championships, the (Final) PAC-12 championships, and the MAC Championships (maybe my Ball State Cardinals will catch Coach Kyle's Missouri State Bears). Swimmers around the country will be going for high points and to break records. Swimmers will show off their hard work throughout the year and race when the stakes are highest!

There is one team I am most excited for this season however, and that is right here in Sioux Falls! The SFST swimmers, across all groups and ages, have been working hard for this moment. Seeing the progression of the swimmers and having it finish at the state championship is the best part of this job. All your coaches will be there to be there for the swimmers when they want to swim their fastest. It is our hope that all swimmers have their best times, but no matter what Championship season brings out the best efforts and great memories for our swimmers.

Good luck to all our swimmers and looking forward to the Championship Season!



Fish out of Water

Red 1 decided instead of moving through water, for a Saturday they would slide on top of water!

Some of our Red 1 teammates enjoying a day of sledding outside of Midco Aquatic Center



Thanks to our Board President, Wendy Kay, for coordinating our group liaisons to help coordinate our events! These events are possible through



Swimmers from Blue 2 and Blue 3 went out of their way to serve a meal at the Banquet.

Swimmers helped with serving, prepping, and cleaning up



Blue 3 had their holiday party before our January Intrasquad meet, fueling up before some friendly competition

Pictured above were the winners in the holiday party, each swimmer receiving an ornament with pictures of a SFST coach

