



SIOUX FALLS SWIM TEAM

Newsletter Jan '26



End of Season

Check out which meets are recommended for your child at their end of season, swimmers are recommended to going the highest level meet that also allows them to swim multiple events

MEETS FOR QUALIFIERS ONLY

SD State Championships
Aberdeen 12&Unders 2/20-2/22

Mitchell 13& Overs 2/26 - 3/1

Should be qualified in 3 events to swim multiple races

Sectionals Fargo, ND
March 12th to 15th

NCSA's Orlando, FL
March 25th to 28th

Qualifying times must be met in order to qualify for these meets

RED 1

Red 1's should plan on attending at least 1 of the following meets to end their Winter season:
Watertown Meet 2/6-2/8
Rising Stars Meet (Rapid City) 2/13-2/15
*State Championship (Aberdeen) 2/20-2/22
EmBe End of Season Meet (TBD- End of February Week Night)

WHITE 2

White 2's should plan on attending at least 1 of the following meets to end their Winter season:
Watertown Meet 2/6-2/8
Rising Stars Meet (Rapid City) 2/13-2/15
*State Championship (Aberdeen) 2/20-2/22

RED 2

Red 2's should plan on attending at least 1 of the following meets to end their Winter season:
Watertown Meet 2/6-2/8
Rising Stars Meet (Rapid City) 2/13-2/15
*State Championship (Aberdeen) 2/20-2/22
EmBe End of Season Meet (TBD- End of February Week Night)

WHITE 3

White 3's should plan on attending at least 1 of the following meets to end their Winter season:
Rising Stars Meet (Rapid City) 2/13-2/15
*State Championship (Aberdeen or Mitchell) 2/20-2/22 or 2/28-3/1
NCSA's (Orlando, FL) 3/25-3/28

RED 3

Red 3's should plan on attending at least 1 of the following meets to end their Winter season:
Rising Stars Meet (Rapid City) 2/13-2/15
*State Championship (Aberdeen) 2/20-2/22

BLUE 1

Blue 1's should plan on attending at least 1 of the following meets to end their Winter season:
Watertown Meet 2/6-2/8
Rising Stars Meet (Rapid City) 2/13-2/15
*State Championship (Mitchell) 2/28-3/1

WHITE 1

White 1's should plan on attending at least 1 of the following meets to end their Winter season:
Watertown Meet 2/6-2/8
Rising Stars Meet (Rapid City) 2/13-2/15
*State Championship (Aberdeen or Mitchell) 2/20-2/22 or 2/28-3/1
EmBe End of Season Meet (TBD- End of February Week Night)

BLUE 2/3

Blue 2's and 3's should plan on attending at least 1 of the following meets to end their Winter season:
*State Championship (Mitchell) 2/28-3/1
Sectionals (Fargo, ND) 3/12-3/15
NCSA's (Orlando, FL) 3/25-3/28

Reminder that we are coming up on our end of season meets!

In the sport of swimming, we train and perfect our technique to be at our best at the end of the season where we usually have our biggest meet.

Coaches plan and work backwards from these end of season meets with their season preparation, and we hope our swimmers participate in one of our upcoming meets!

Qualifying Meets:

Meets like our State Championship require the swimmers to qualify by achieving the time posted here or lower in their events. To maximize the opportunity of swimming fast at the meet, we do ask your child qualifies in 3 or more events to participate in the state meet. This helps them fill out their meet schedule and allows them to participate fully in the meet. If they do not qualify for our state meet, we ask you look at our Rising Stars meet in Rapid City to get the state level competition.

Please check out the following dates and meets and see if your child qualifies!

Good Luck Swimmers

SFST Swimmers on the Midwest All Star Roster

SD ALL STAR
SFST TEAM MEMBERS

10 & UNDER	11-12
GAVIN M	AURORA B
MARCUS P	BRYCE B
ADDISON P	ANDRE H
ASHTON V	RASMUS H
13-14	
HALLE B	KINLEY H
GABBY M	BROOKES
ETHANG	OWENS
BENNETT P	MAIA T
KYLA H	MAIA T
TESSAL	RYLEE W
LILAK	ISAIAH V

GOOD LUCK TO OUR SWIMMERS NEXT WEEK!

arena **SIOUX FALLS** **SWIM** **TEAM**

NATIONAL CLUB EXCELLENCE PROGRAM
SILVER MEDAL CLUB
2026

Congrats to our 24 Swimmers that qualified for the Midwest All Star Meet on January 9th - 11th

Swimmers who were selected had a BB Time Standard in their events and were top 3 in their events in South Dakota.

Best of luck as they compete in Des Moines!

Coach Logan

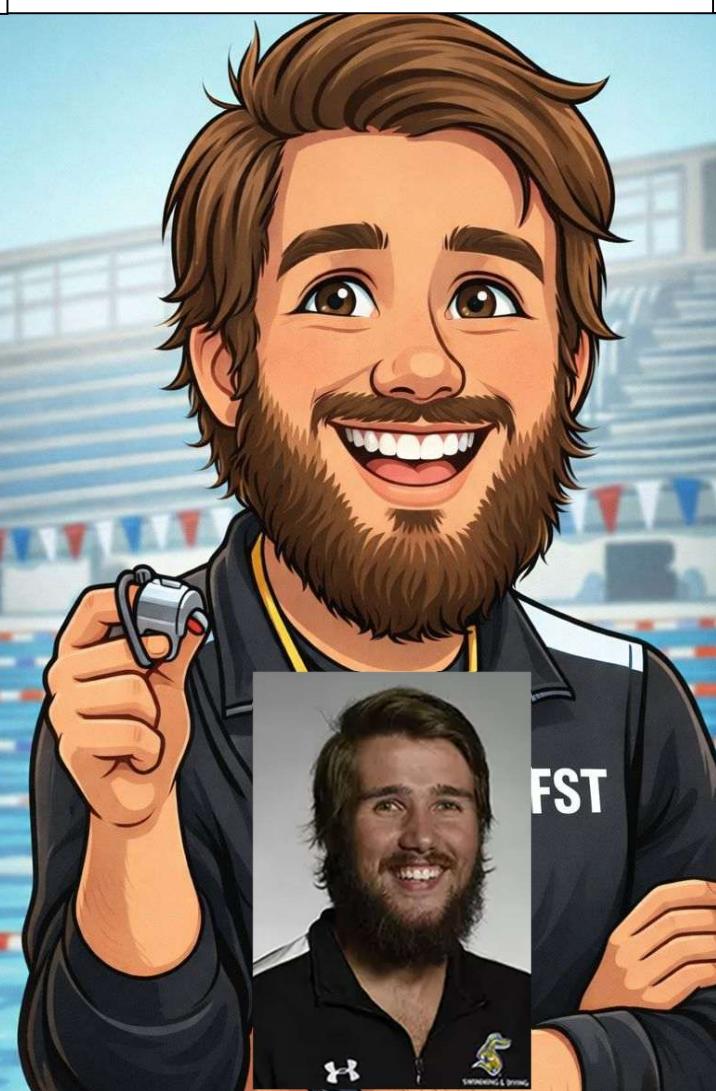
From Mankato, Minn
Swam and Graduated from Augustana
BA in Business Administration
10 years of Swimming experience
Coaches White 1, White 3, Blue 1, Blue 2

Coach Marcus

From Park Rapids, Minn.
Swam and Graduated from SDSU
BA in Business Economics
Coaches White 2, White 3, Blue 1,
Dad Joke enthusiast

Coach Izzy

From Watertown, SD
Swam and Graduated from Augustana
Masters in Education from AU
Coaches Red 2 and White 2



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

What do we do after the Short Course season?

- Our end of season is an exciting time, but after a long season it is ok and encouraged for your swimmer to take a break. If your swimmer is highly motivated and wants to get a head start on our Spring/Summer season, we offer March Technique clinics. To encourage your swimmer to keep them sharp, we offer 1 to 3 week clinic options for all our strokes and race techniques. These clinics will break down the stroke and analyze each kid in small groups.

Sign ups are on our website and can be found here.

How do I know what's going on with the team?

- Our coaches do their best to communicate primarily through email, along with our newsletter and social media for non-essential news. If there are any immediate changes to schedule, we will email and use our SportsEngine notifications to communicate these changes. Make sure you are signed up to receive these notifications and follow us on Facebook and Instagram (@sfswimteam)

What is the volunteering policy with the team?

- Check out our policy in the next page, we need help for our upcoming swim meet at the end of the month!

Looking to be a sponsor?

Reach out to president@sfswimteam.org or anyone on SFST Board

Thanks to our Sponsors!



Volunteering Policy for SFST (Keep in mind for our January Meet)

Volunteers are critical to the running of our swim meets. Competitive swimming requires parents to be actively involved in all aspects of our meets. Officials, timers, announcers, meet marshals, equipment monitors and door monitors are a few of the positions which are filled by parent volunteers. Volunteering is a requirement for our team.

Prior to our hosted meets, an email is sent from the Volunteer Coordinator describing the meet volunteer requirement which is calculated based on the number of volunteer slots needed to cover the entire meet. The requirement will vary meet to meet. Our multiple day prelims/finals meets need the most volunteers so the requirement may be more when we host such meets. The assumption is that if you have a swimmer participating in the meet, you are available to volunteer. We cannot run these meets without the assistance of every family!

Guidelines:

- Those families with swimmers in form and fitness are welcome to volunteer but are not required to do so at the first meet.
- The volunteer requirement can be satisfied by you, a relative, a friend, a neighbor or any individual who can effectively fulfill the volunteer position.
 - Be sure to let the Volunteer Coordinator know if someone else is fulfilling your family's volunteer requirement.
- You may sign up for a volunteer position as soon as the job signup is open on our website.

Most positions require very little training or you can be trained on the spot.

Otherwise contact the Volunteer Coordinator if you would like to shadow a position that requires more training.

- You must sign up for the required volunteer positions by the deadline provided by the Volunteer Coordinator.
- If your swimmer swims in a meet and you fail to satisfy the stated meet volunteer requirement, a \$100 charge will be assessed for every session missed.
 - *Example: meet requirement is to volunteer for 3 sessions and you volunteered for 2, you will be billed \$100 for the 1 missed session.*

Examples of Jobs Available

ANNOUNCER: Announces first, second and final calls for each event. Works closely with the officials to keep the meet running smoothly. The announcer will need to anticipate flow based on the number of swimmers, the stroke, the number of lengths to be swum, and the age of the swimmers. Training is required for this position.

HEAD TIMER: Organizes and briefs the lane timers on their duties prior to the meet and oversees the lane timers throughout the meet. Previous experience required for this position, suggestion is that you are a Lane Timer for 2-3 sessions and then shadow 1 session with a head timer for proper training.

LANE TIMERS: Records the swimmer's time. Each timer is assigned a lane; there are usually 2 timers for each lane (sometimes 1). Each timer will have a Pickle (button to stop the pad time) stopwatch, and clip board to record each time. This job gives you the best view of the pool of the swimmers during their races. Ask any swim parent, they all have favorite memories timing their athletes. No training needed; we pair you with an experienced timer at your first meet.

MEET MARSHAL: Marshals oversee the rules of USA swimming to keep our athletes safe. There is no one allowed on deck of the pool without proper credentials, the marshal will verify that at the beginning of each session. They help maintain the rules of the facility as part of the swim team's partnership with the Midco, hand out band aids, first aid and fill out injury reports if one occurs. You can be paired with an experience meet marshal or shadow a session to get comfortable with this job. Click [here](#) to view the Meet Marshal Guidelines

COMPUTER: Responsible for entering data that is not recorded by the redundant timing equipment (if everything is working not much data is hand entered) and verifying data entered. With this job, you see the race results before anyone else. The administrative official is there to guide you, some training is required being comfortable using a computer is a must! Starting with the scoreboard gives you a great foundation to this position.

AWARDS: Typically done for larger meets and state meets, there will be an awards chair appointed by the board to help facilitate, you are never alone. You will post result stickers on the back of awards (ribbons), during and directly after the sessions are finished, very little training is needed. The commitment to the whole session and awards time is needed. No shadowing is needed.

ATHLETE STAGERS: We usually only use this at the beginning of the season or for our large meets. These volunteers help line up our younger athletes on the pool deck before the race. Since we have 10 lanes it can be an interesting task to complete when there are 8 full heats of the 25 yard Free for our 8 and younger athletes. Parents with education or that work with kids excel in this roll. It is fast paced, and you need to be organized.

SET UP AND CLEAN UP: You help set up the tables, chairs, equipment etc. must be able to lift 50 pounds. Commitment to being available before and after the meet. Training is required with a shadowing session.

DOOR MONITOR: Selling meet programs, counting meet attendance, and handing out ribbons (if it's a small meet). The Midco requires us to always have 2 volunteers at the front during the meet, this is an easy job to learn, and you never miss an event with 2 volunteers to take turns to watch the station. No shadowing is needed.

If you can help, please mark your calendar!

January

UPCOMING EVENTS

2025

CHECK OUT OUR SCHEDULE UPDATES

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WED
14

NO PRACTICE - COACHES INSERVICE

No White or Red Group practices due to coaches inservice

Blue 1, 2, and 3 Groups will have regular practices

cccc
FRI
16TH

COLLEGE MEET ADJUSTMENTS (MIDCO MEET)

Friday - Blue 2 and 3 in the morning at Midco 5:30-7am

Blue 1 and White 3 - EmBe 4:30-5:30pm

White 2 and Red 3 - EmBe 5:30-6:30pm

cccc
FRI/SAT/SUN
23/24/25

SFST JANUARY INVITE

Please look at our volunteering policies, especially for one of our biggest meets of the year!

This meet is one of our biggest fundraisers and helps us keep costs low for our monthly dues

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FEB
24 & 26

END OF SEASON COMING UP!

Our Short Course season is coming to a close!

Our last day of Practices for 12 and unders will be 2/24

Our last day for 13 and Up will be 2/26

MARCH SESSION CLINIC SCHEDULE

In March, we take a break from our competitive schedule. To keep kids on their progress we provide clinics through the month to help engage with Technique. Spring/Summer will start on April 1st!

RED GROUPS

Red 1

1 x a week, either Mondays or Thursdays
5:30-6:15pm at EmBe
Cost \$75 for 3 weeks

Red 2 + 3

2 x a week, Mondays & Thursdays
4:30-5:30pm at EmBe
Cost \$100 for 3 weeks

All Red Groups - Commit for entire month

March 2nd to 19th

Form & Fitness

1x a week
Either Monday or Thursday
6:15-7pm
Cost \$75 for 3 weeks

WHITE GROUPS

Sign up for 1 week at a time
March 2nd to 5th - Freestyle
March 9th to 12th - Back & Breast
March 16th to 19th - Fly & Dives

\$75 for each week

WHITE 1 & 2

Monday thru Thursdays
6:30-7:30pm

WHITE 3

Monday thru Thursdays
5:30-6:30pm

BLUE GROUPS

Blue 2 & 3
Can join NCSA Group
Schedule TBD
Monday through Thursday
\$125 for the month

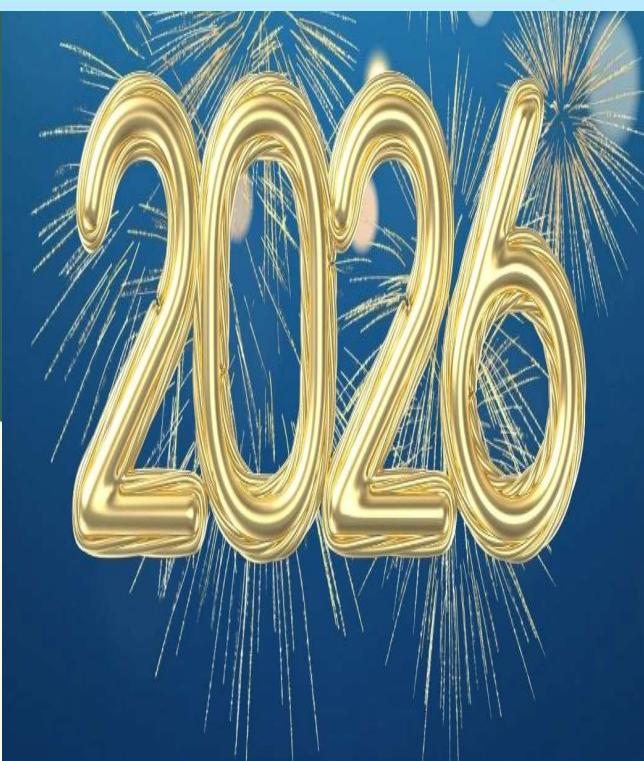
Blue 1

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March 2nd to 5th - Freestyle
March 9th to 12th - Back & Breast
March 16th to 19th - Fly & Dives

\$75 for each week

Monday thru Thursdays

5:30-6:30pm



SIOUX FALLS
SWIM TEAM

HAPPY NEW YEAR

FROM SFST!