



### From all our Coaches and Board Members, Welcome to our Long Course Season!

Here at Sioux Falls Swim Team, we wanted to say welcome to our Spring and Summer Season! The beginning of the season is an exciting time full of potential for each swimmer, with our eyes on setting up the best opportunities to grow throughout the season. This season is special with our upcoming Olympic Trials and Olympics this summer, and we hope that watching the best swimmers in the world will ignite and excite your swimmer in their goals for their season. Best of luck and excited for our journey this season!

### SFST 13 and Over Banquet

Please join us for awards, a senior slideshow, food, conversation, and photo opportunities!

The cost is \$18 per person, which will be billed to your account. We will have a registration table for check-in when you arrive, so we bill accounts accurately.

**The signup form is now open and will be closed after Tuesday, April 16.**

Please provide your swimmer(s) last name and the names of each person attending. Please note, responses can't be changed after April 16 as we need to provide the venue accurate numbers in advance as they are taking care of all the setup, food, and cleanup for us. We look forward to a wonderful evening!

<https://forms.gle/SX8vNnGtUa3gfGpc7>

### SAVE THE DATE

April 28, 2024

4-6PM

Sanford Event Barn

2510 East 54<sup>th</sup> St. N

Sioux Falls, SD 57104

### Welcome to Long Course Season (LCM)!

#### What is LCM?

The Olympic Course or Long Course Meters is the International standard for swimming. The pool is set up to 50 Meters from the starting block end to the first wall.



#### Long Course Fast Facts

##### Less walls = Less Turns

- 100 Meter races have only 1 turn compared to 3 turns in 100 Short Course Yard race
- 50 Meters equals 54.6 Yards, meaning the pool is more than 2x the length we normally train!
- Although it almost 2x the length, the actual swimming is

##### Race Strategy

- Dam breaks & failures
- Climate change
- Mangroves & wetlands destruction
- Deforestation

#### Long Course Season Stats

- Practices started April 2nd!
  - Morning Practices start April 9th
  - Saturday Practices start April 6th
- **Our team has an average of about 100 practices for this shorter season**
  - Spring and Summer Season is more condensed compared to our Fall/Winter season
  - We have 17 weeks, and this won't include possible disruptions to practices

- Attendance is essential to get better!
  - Although attendance is not mandatory, it does make a difference!
- We encourage you to participate in every practice to maximize your success this season
- Remember, every moment you spend in class is an opportunity to grow and learn.

#### Keys to Success

### Upcoming Schedule

Check out our upcoming competition schedule

See the full list of our Long Course Swim meet schedule for the Spring and Summer 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 with the team. Thank you to Wendy Kay and the board for helping get those in place. Check out Red 1 sledging for their group outing of fun.

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### Long Course Fun Facts

Long Course Season Quick Fact Sheet

Fun facts above about our upcoming season! Long Course Season = Olympic Season

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## Competition Schedule

Dates	Summer 2024 Meet Schedule	Groups	Deadline
4/13/24	Brookings 1 Day Meet (Midco)	Blue 1, Blue 2, & Blue 3	March 29
4/26-4/28/24	Augie Spring Splash (Midco)	All groups	April 10
5/2-5/5/24	Mesa 18 and Under Spring Cup	Futures Qualifiers Only	March 20
5/10-5/12/24	SFST Ready for Long Course	All groups	April 24
6/7-6/9/24	Brookings Outdoor Meet	All Groups	May 22
6/21-6/23/24	Aquajets Summer Spectacular	Qualifiers Only	May 29
6/28-6/30/24	SFST June Invite	All Groups	June 12
7/11-7/14/24	Summer Sectionals - Westmont	Qualifiers Only	June 12
7/12-7/14/24	B Champs - Aberdeen	2 or less SDQ times	July 3
7/19-7/21/24	State Champs - Rapid City	All qualifiers	July 3
7/24-7/27/24	Futures - Minneapolis	Qualifiers Only	July 3

Our Spring and Summer Meet schedule will fly by so make sure you pay attention to the Meet entry deadlines!

Deadline for our first meet of the Season will be April 10<sup>th</sup> (The day this Newsletter comes out!) be sure to commit your swimmer if you want them to swim in a meet.

[Resources to help sign up for meets are here](#)

## Championship Meet Information

### South Dakota B Champs

Open to all swimmers who have not earned a State Qualifying Time or to any Swimmer with 2 or less State Qualifying Times

Aberdeen, SD

Deadline to Sign up is July 3rd

Meet Dates 7/12-7/14

1029 South Dakota Street, Aberdeen, SD 57401

[State Qualifying Times through this link](#)

### South Dakota A Champs

Open to all swimmers who have earned 3 State Qualifying Times

Rapid City, SD

Deadline to Sign up is July 3rd

Meet Dates July 19<sup>th</sup> to July 21<sup>st</sup>

125 Waterloo St, Rapid City, SD 57701

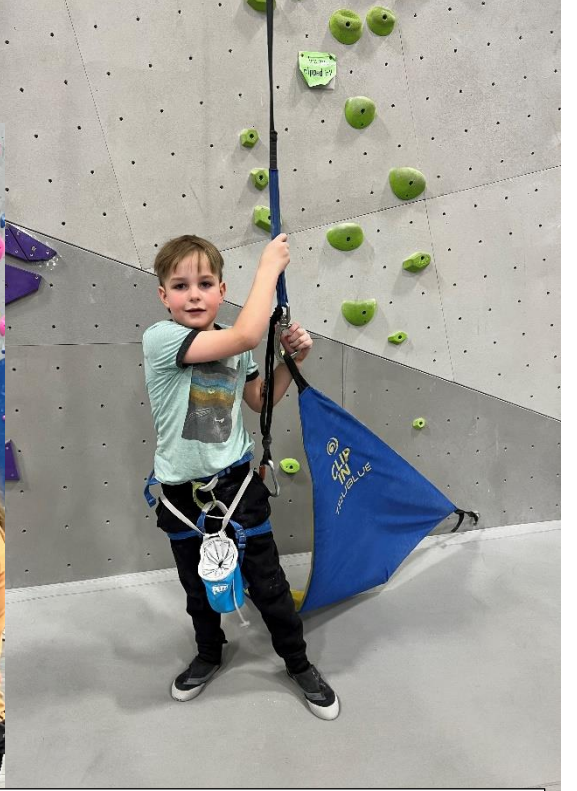
[State Qualifying Times through this link](#)

[Hotel Link](#)



# Fish out of Water

White 3 trading their swim lanes for bowling lanes! Look for opportunities for your swimmers to get together out of the water and enjoy activities as a group as we start our Spring/Summer season.



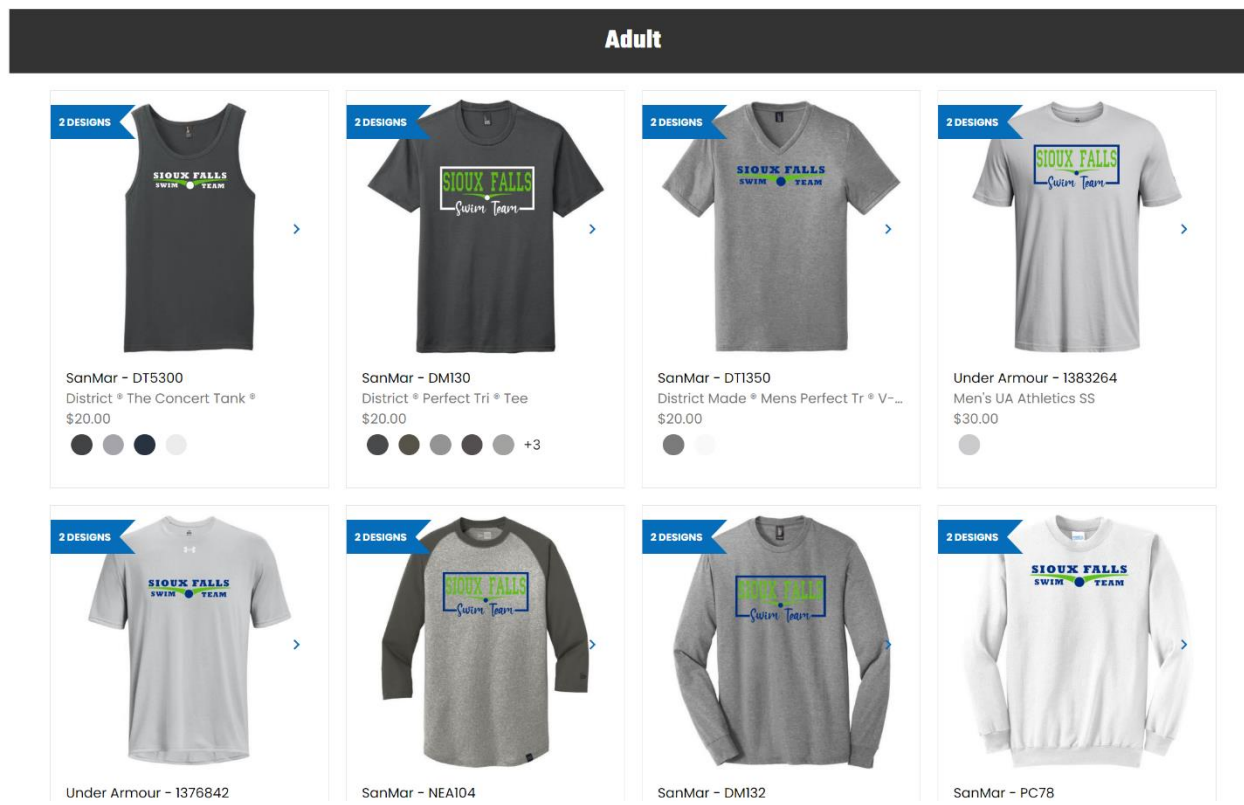
Swimmers working on their upper body strength with Rock climbing! You can see members of multiple groups, representing all the colors with Red, White, and Blue!





## Our team store is open for the Spring!

### Be Sure to order by 4/24!



Orders can be placed and shipped directly to your house or picked up at Midco approximately 4 weeks after the closing of the shop.

Link here: <https://cfpromo.chipply.com/sfst/>

## Thanks to our Sponsors!

