



THE PACK

April 2022
Vol. 3 | Ed. 1



COACHES CORNER

Head Coach Nick Baker



What a great end to the Short Course Season! The Championship Season began with the 8 & Under Finale. At this meet, SCSC finished as the combined team runner-up, with 13 swimmers participating. Event winners at this meet included the Girls 200 Medley Relay Team of Taylor Hoeschen, Eve Beatty, Harlow Wagner, and Ava Clinger. That same group won the 200 Free Relay as well. Individually, Ava Clinger took gold in the 100 Free. On the Boys side, the 200 Free Relay Team of Steven Junod, Chase Thomas, Sawyer Poston, and Ivan Valdez Fuentes took home gold medals.

Next up was the Region 8 Sectional Meet, where Daniel Keller, Lawton Rees, and Grace Swoboda competed against some of the top swimmers spanning multiple states. Daniel and Grace both made evening finals at this meet.

To culminate the Short Course Season, we competed in the Midwestern Championship Meet. As a team, we placed 5th overall. The 10 and Under Girls 200 Medley Relay Team of Lila Pettit, Geetika Swarna, Zaylie Smith, and Elizabeth Knight took first place, Zaylie Smith won the Girls 10 and Under 100 Butterfly, and Braxton Rees swept the Boys 11-12 Breaststroke events. In addition to these event winners, Sarpy County Swim Club had numerous podium appearances and point scorers across many events,

We are looking forward to getting back into the pool and building on the successful season!



UPCOMING MEETS & EVENTS

- April 1: Firework Tent Shift Sign-up Opens
- April 4: Tryouts, 5:00-7:30pm @ PLHS Pool
- April 5: Practice Resumes @ PLHS Pool
- April 10: New Parent Orientation, 6:00pm (Zoom)
- April 19: Ice Cream Social, 6:00pm @ PLHS Cafeteria
- April 29-May 1: Augustana Spring Splash (Augustana, SD)
- May 15: Board Meeting, 7:00pm
- May 30: No Practice/Memorial Day
- June 18: Papillion Parade
- June 23-26: LSS CCC Meet (Woods Pool - Lincoln, NE)
- June 24-26: Flyer Summer Explosion Meet (West Fargo, ND)
- June 24-July 4: Firework Tent
- July 4: No Practice/Fourth of July
- July 13-16: Sectionals (Columbia, MO)
- July 21: MW 8 & U Finale
- July 27-30: Futures (Minneapolis, MN)
- July 28-31: MW Championships (Woods Pool - Lincoln, NE)

Firework Stand Fundraiser

Our firework stand fundraiser will be June 24 (Setup) - July 4, 2022. The firework stand is a large source of income for our team and we need everyone's help to make it successful!

Signups are on a first come, first serve basis and will be live on Friday, April 1.

To learn more and see FAQs visit the firework stand page on the team website under the Fundraising tab. *Must be logged in to view

Next Board Meeting

May 15 @ 7:00pm

All members are encouraged to attend!

Swimming Glossary: Word of the Month
RECOVERY

Same as EZ swimming. Used between more challenging intervals or sets to recover and prepare mentally and physically for the next challenge.



Ice Cream Social



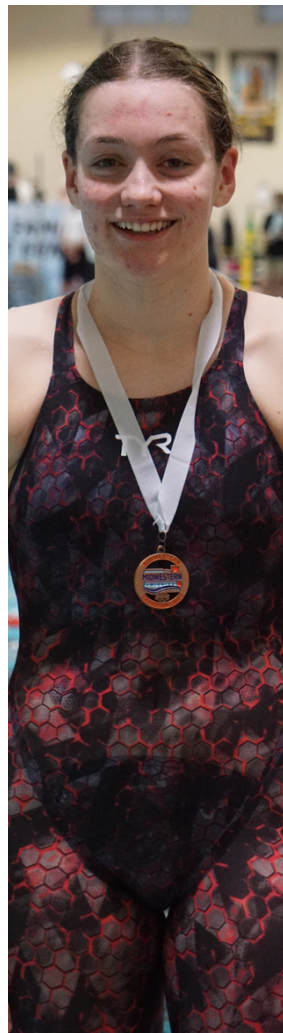
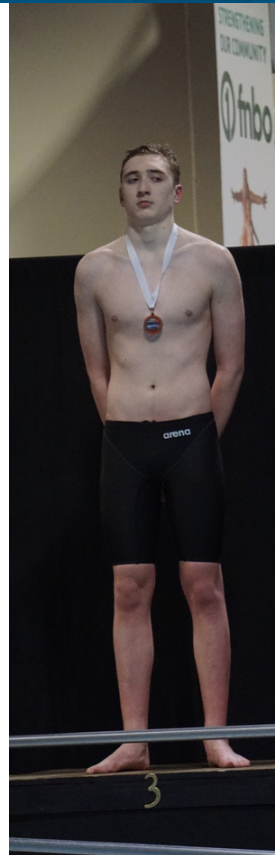
Join the Social & Spirit Committee Tuesday, April 19 from 6-7 in the PLHS Cafeteria for our first ice cream social since the beginning of the COVID-19 pandemic.

During the ice cream social we will have an ice cream bar, pop & water, SCSC bag tags available for purchase, information about the long course season and fun! This is a great time to meet other SCSC families and our new members.

There is no cost to families, but be sure to watch for the RSVP link so we have enough ice cream for everyone!



SHORT COURSE CHAMPIONSHIP



MEET THE COACH



Coach Barb, Seawolves Lead Coach

Favorite Food

Coconut Fried Shrimp

Favorite Animal

Alpaca

Favorite Movie

Christmas Vacation

Favorite Travel Destination

Anywhere my kids are

Favorite Swimming Stroke

Breaststroke

Why Do You Coach?

I coach to produce positive outcomes by promoting active lifestyles and, inclusions and engagement with other athletes. I enjoy helping to develop confidence and helping swimmers become a person of great character. As a coach, I'm able to impart knowledge of the sport and how it can help them in all aspects of their lives. I love watching swimmers succeed and accomplish goals.

WE ARE SCSC

What is 'We Are SCSC'?

We are SCSC/We are Sarpy County Swim Club is part of the SCSC strategic plan that redefines and prioritizes goals to achieve our mission and vision.

We are SCSC establishes seven themes that identify and communicate priorities that are significant to achieving our goals. Those themes are:

- Further building team unity
- Athlete Development
- Athlete Leadership
- Championship Culture
- Parent Engagement & Involvement
- Financial Resources
- Collaboration between the Board, Coaches, Parents and Swimmers

Watch the video at www.sarpycountyswimclub.com under 'About'

Practice and Swim Meet Expectations

Swim Group	Practice Expectation	Swim Meet Expectation
Seawolves Bronze	Attends an average of four out of ten practices	Competes in Home Meets, Qualifier Meet, and other meets recommended by the coach
Seawolves Silver	Attends an average of four out of ten practices	Competes in Home Meets and Qualifier Meet as well as two additional meets
Seawolves Gold	Attends an average of four out of ten practices	Competes in Home Meets and Qualifier Meet as well as two additional meets Availability for MW short course and long course championships is required
Junior Bronze	Attends an average of six out of ten practices	Participates in appropriate swim meets
Junior Silver	Attends an average of eight out of ten practices	Participates in appropriate swim meets Availability for MW short course and long course championships is required
Junior Gold	Attends an average of eight out of ten practices	Participates in team swim meets as communicated by coaches at the beginning of season Participation in MW short course and long course championships is required
Senior Bronze	Attends an average of six out of ten practices	Participates in team swim meets as communicated by coaches at the beginning of season
Senior Silver	Attends an average of eight out of ten practices	Participates in team swim meets, as communicated by coaches at the beginning of season Participation in MW short course and long course championships is required
Senior Gold	Attends an average of eight out of ten practices	Participates in team swim meets as communicated by coaches at the beginning of season Participation in MW short course and long course championships is required Will make best effort to compete in Sectional or higher level meets

BACK TO PRACTICE REMINDERS

Practice resumes Tuesday, April 5! We will have tryouts on Monday, April 4 and practice will resume that Tuesday. Here are a couple of reminders regarding the return to practice:

- At this time masks are not required. This policy can change without notice per PLHS/PLCS policy.
- **The Code of Conduct MUST BE SIGNED PRIOR TO YOUR SWIMMERS FIRST PRACTICE BACK.**
 - Swimmers will NOT be allowed to practice until this is complete
 - COC links are available on the website under *About -> Policies*

Happy Birthday!

April 3- Audrey Huber

April 6- Leah Erbacher

April 9- Ava Clinger

April 22- Sophia Haggart

April 23- Reese Meyer

April 24- Coach Riley

April 26- Evan Click

April 27- Addison Miller

April 27- Geetika Swarna

April 24- Kyle Kekes

THANK YOU VOLUNTEERS!

Congratulations to **OTTO CALDERON** on winning April's \$25 volunteer appreciation credit towards practice dues!

COACHES & STAFF

Nick Baker, Head Coach/Senior Lead Coach

Eric Rees, Associate Head Coach/Juniors

Jeff Daniels, Junior Lead Coach

Barb Anderson, Seawolves Lead Coach

Riley Olson, Senior Group

Ray Barquero-Cruz, Seawolves Group

Emma Daniels, Seawolves Group

Danielle Barrera-Bojanski, Junior Coach

Janet Cho, Team Administrator

CONNECT WITH US

Website: www.sarpycountyswimclub.com

Facebook: @SarpyCountySwimClub

Instagram: @SarpyCountySwim

Twitter: @SarpyCountySwim

OTHER RESOURCES

Midwestern Swimming LSC: www.mwswim.org

USA Swimming: www.usaswimming.org