

SARPY COUNTY SWIM CLUB

THE PACK NEWSLETTER

April 2023 • Volume 5 • Edition 1



COACHES CORNER

Head Coach Nick Baker

Hello SCSC Families!

What a great season! We had many swimmers achieve best times as we completed the championship portion of the season. We have many medals and ribbons from Midwestern Championships, and we will pass those out at the Ice Cream Social in April. Enjoy some time away from the pool and be ready to hit the ground running when we return on April 3. If your swimmer is changing groups, expect an email regarding that. Also remember that our team focus meet for the summertime will be the Fargo, ND meet in late June and that we will continue to run practices through July, however July practices may look different than they have in past summers. For swimmers that are unable to attend the Fargo meet, each practice group will run some timed swims off the blocks leading up to the Fargo meet. Swimmers are more than welcome to compete at Midwestern Championships in July; however, we will not be resting for the LSC Championship this season. We will be finalizing and sending out our summer practice and meet schedule later this spring.

Coach Nick



SWIMMERS OF THE MONTH



EMILY WALDMAN
Seawolves Group



EVELYN SYKES
Junior Group



ADDIE BIGELOW
Senior Group

UPCOMING MEETS & EVENTS

- April 3: Return to Practice for Long Course Season
- April 3: Swim into Summer (During Practice)
- April 3: Firework Stand Fundraiser Shift Signup Opens
- April 9: Registration Deadline for SCSC Olympian Clinic w/Anthony Ervin
- April 9: Personalized Swim Cap Orders Due
- April 16: SCSC Olympian Clinic w/Anthony Ervin & ISL Pizza Party w/Anthony
- April 18: Senior Groups Practice 3:45 PM-5:00 PM
- April 18: Weightlifting for Junior Groups & Senior Groups 5:00 PM-5:45 PM
- April 18: No Seawolves Groups Practice
- April 18: Ice Cream Social @ PLHS Cafeteria @ 6:00 PM
- April 27: SCSC MAC Dual @ PLHS
- May 11: SCSC Intrasquad @ PLHS
- May 12-14: SO Summer Classic Meet @ UNO
- May 20-21: SCSC Salute to Summer @ PLHS
- May 21: SCSC Board Meeting @ PLHS
- May 29: No Practice, Memorial Day

SWIMMING GLOSSARY: DRYLAND

Dryland training for swimmers also referred to as strength and conditioning training, consists of workouts on land that swimmers do to increase their strength, flexibility, posture, and overall physical mobility.



ANTHONY ERVIN CLINIC 2 WEEKS & COUNTING

SCSC OLYMPIAN CLINIC 2023
THREE TIME OLYMPIAN & FOUR TIME MEDALIST ANTHONY ERVIN
SUNDAY, APRIL 16 | PAVILLION LA VISTA HIGH SCHOOL

1:15-2:00 | 12 & OVER CHECK-IN
Swimmers will receive a wristband with their lane assignment on it.

1:30-2:00 | 12 & OVER AUTOGRAPHS, MEET & GREET
Swimmers will get to meet Anthony, take a picture with him and have one (1) item autographed (see email)! Parents are welcomed and encouraged to take a photo of your swimmer with Anthony during autographs/meet & greet. We will also have photos from the in-water session and autographs/meet & greet that will be shared with all SCSC families.

2:00-3:30 | 12 & OVER IN-WATER SESSION
Swimmers will learn from Anthony's teaching, demonstrating and fixing! **Parents are welcome to attend, watch and take pictures of the clinic from the bleachers.** We will also have photos from the in-water session and autographs/meet & greet that will be shared with all SCSC families.

3:00-3:30 | 11 & UNDER CHECK-IN
Swimmers will receive a wristband with their lane assignment on it.

3:30-4:00 | ANTHONY SHARES HIS STORY
Anthony will share his story and answer questions during this time. This is a combined session with 12 & over and 11 & under swimmers. Parents are welcome to attend this session as well! After this session, 12 & over swimmers are free to leave while 11 & under get ready for the in-water session!

4:00-5:30 | 11 & UNDER IN-WATER SESSION
Swimmers will learn from Anthony's teaching, demonstrating and fixing! **Parents are welcome to attend, watch and take pictures of the clinic from the bleachers.** We will also have photos from the in-water session and autographs/meet & greet that will be shared with all SCSC families.

5:30-6:00 | 11 & UNDER AUTOGRAPHS, MEET & GREET
Swimmers will get to meet Anthony, take a picture with him and have one (1) item autographed (see email)! Parents are welcomed and encouraged to take a photo of your swimmer with Anthony during autographs/meet & greet. We will also have photos from the in-water session and autographs/meet & greet that will be shared with all SCSC families.

6:15-7:30 | ISL CHAMPIONS VIP PARTY

RSVP ON THE TEAM WEBSITE BY SUNDAY APRIL 9

We are 2 WEEKS away from the 2023 SCSC Olympian Clinic with Anthony Ervin! Here is the schedule for the day. Additionally, the sign-up for this event is available on the team website. If your swimmer can attend, please declare them as 'Yes, I am available to attend'. PLEASE RSVP BY SUNDAY, April 9. If you need to cancel after April 9, please email aidan@sarpycountyswimclub.com Sometime after declaring your swimmer, you will receive an email from EventBrite with a mobile 'ticket'. You can disregard this email, and do not need to bring the ticket to the event.

MEET THE STAFF



Trish Higby, Bookkeeper

FAVORITE FOOD

Chips & Salsa

FAVORITE ANIMAL

My Chocolate Lab, Macy Bean

FAVORITE MOVIE

Sixteen Candles

FAVORITE TRAVEL DESTINATION

Beaver Creek Ski Resort. It's all about the warm chocolate chip cookies they hand out to skiers!

FAVORITE SWIMMING STROKE

I am a terrible swimmer but I love to watch people who can swim butterfly.

FAVORITE PART ABOUT SEAWOLVES?

I enjoy the flexibility to work remotely from Colorado and watch the swimmers grow up. They are a great group of kids!

SCSC PRACTICE SCHEDULE | APRIL - MAY 2023

SCSC Practice Schedule | April – May 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Gold	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:30pm	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:30pm (5:30-6:30 Weightlifting)	As Scheduled
Senior Silver	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:30pm	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:30pm (5:30-6:30 Weightlifting)	As Scheduled
Junior Gold	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm (5:30-6:30 Weightlifting)	As Scheduled
Junior Silver	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm (5:30-6:30 Weightlifting)	As Scheduled
Junior Bronze	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm (5:30-6:30 Weightlifting)	As Scheduled
Seawolves Gold	5:30-6:30pm	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm	As Scheduled
Seawolves Silver	5:30-6:30pm	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm	As Scheduled
Seawolves Bronze	5:30-6:30pm	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm (6:30-7:00 Dryland)	5:30-6:30pm (6:30-7:00 Dryland)	No Practice	As Scheduled

Updated 3/29/23

ND WEST FARGO FLYER SUMMER EXPLOSION MEET JUNE 23, 2023 - JUNE 25, 2023

This will be SCSC's second annual trip to West Fargo, North Dakota for the West Fargo Flyer Summer Explosion Meet! This is a family travel meet, meaning parents are responsible for travel, food, lodging, etc. The meet is at the Hulbert Aquatic Center, a state-of-the-art facility designed around the acquisition of the 2016 Olympic Trials Pool used in Omaha, Nebraska. This meet will be a prelim/final meet for 11 & Over swimmers and a timed final meet for 10 & Under swimmers. SCSC long course training is based on this meet.

Make sure to book your hotel reservations now!



2023 SCSC LONG COURSE MEET SCHEDULE

2023 Long Course Meets

Dates	Host	Meet	Notes
April 27, 2023	SCSC	MAC Dual	NTS (SCY)
May 11, 2023	SCSC	Intrasquad	NTS (SCY)
May 12-14, 2023	SO	Summer Classic	NTS (LCM)
May 20-21, 2023	SCSC	Salute to Summer	NTS (SCY)
June 1, 2023	SCSC	SCSC Home Meet	NTS (SCY)
June 13, 2023	SCSC	SCSC Home Meet	NTS (SCY)
June 16-17, 2023	SLS	SLS Invite	NTS – South Sioux City, NE (LCM)
June 23-25, 2023	WFF	West Fargo Flyer Summer Explosion	West Fargo, ND (LCM)
July 12-15, 2023	Reg 8	Sectionals	R8 Qual (Qualifying Time Required)
July 21, 2023	MW	8 & Under Finale	8 & Under - TBD
July 22-24, 2023	MW	Midwestern Championship Challenge	Sub MW Qual - TBD
July 26-29, 2023	USA	Futures Championship	Futures – West Fargo, ND (Qualifying Time Required)
July 27-30, 2023	MW	Midwestern Long Course Championships	Midwestern Qualifying – Lincoln, NE
August 3-6, 2023	CZ	Zones 14 & Under	Zones – Minneapolis, MN (Qualifying Time Required)

4/1/23

ISL COMPETITION WINNER – MONARCH SWIMMING

Congratulations to Coach Jeff and his team!!!!

AJ Arens, Lilly Coleman, Corbyn Curry, Victoria Dailey, Taylor Hoeschen, Aeval Larkin, Harper Lierz, Colin Madson, Olivia Madson, Jacob Miller, Lydia Palmer, MJ Patrick, Anna Podany, Claire Potts, Liam Prey, Ruby Romano, Emily Waldman, and Isabella Williams

The next ISL draft is Fall 2023!

2022-2023 ISL COMPETITION



CHAMPIONS

SAVE THE DATE – TUESDAY, APRIL 18

SCSC ICE CREAM SOCIAL

Please join us on Tuesday, April 18 at 6:00 PM in the Papillion La Vista High School Cafeteria to celebrate the end of Short Course Season with awards and welcome new swimmers and families to the team!

Senior groups will practice from 3:45 PM - 5:00 PM
Junior and Senior groups will weight lift from 5:00 PM - 5:45 PM
No Seawolves group practice

Happy Birthday!

April 6- Leah Erlbacher

April 9- Ava Clinger

April 9 - CeCe Ostlund

April 13 - Emily Waldman

April 23- Reese Meyer

April 24- Coach Riley

April 26- Evan Click

April 27- Addison Miller

April 24- Kyle Kerekes

THANK YOU VOLUNTEERS!

Todd Mulroy

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

BECOME A USA
SWIMMING CERTIFIED
MEET OFFICIAL!

Click [here](#) to learn more!

COACHES & STAFF

Nick Baker, Head Coach/Senior Lead Coach

Janet Cho, Team Administrator

Eric Rees, Associate Head Coach

Jeff Daniels, Junior Group Lead Coach

Barb Anderson, Seawolves Group Lead Coach

Riley Olson, Senior Group Assistant Coach

Paige Knight, Senior Group Assistant Coach

Billy Salber, Seawolves & Junior Assistant Coach

Emma Daniels, Seawolves Group Assistant Coach

Carol Olson, Seawolves Group Assistant Coach

Danielle Barrera-Bojanski, Junior Coach/Seawolves

CONNECT WITH US!

Web: www.sarpycountyswimclub.com

Facebook: @SarpyCountySwimClub

Instagram: @SarpyCountySwim

Twitter: @SarpyCountySwim

NEXT BOARD MEETING

May 21 @ 7pm

All SCSC members are welcome to attend board meetings. Please arrive at the pool entrance by 6:50pm.