

**WE ARE  
SCSC**

2022 MWS LONG COURSE CHAMPIONSHIP



SARPY COUNTY SWIM CLUB

# THE PACK

August 2022  
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# COACHES CORNER

Head Coach Nick Baker

And just like that, the Long Course Season is coming to an end! The summer can feel like such a blur, and that's because there is so much packed into such a short amount of time. Between hosting our own meets, running the fireworks stand and competing out of town for the most part, we cannot thank our parents and families enough. We would not be able to serve our swimmers if it was not for all of the strong parent and family support that allows for the best experience possible for each of our athletes. As we are in the midst of Championship Season, which includes Sectionals, 8 and Under Champs, the Championship Challenge, Midwestern Champs, and Futures, we as coaches look forward to watching our swimmers compete to the best of each of their abilities. After Midwestern Champs, we will be on break until August 15. Enjoy some much deserved time away from the pool!



## UPCOMING MEETS & EVENTS

August 1-14: 2 Week Break

August 1-14: Team Registration Opens

August 2-5: OTC Trip (Colorado Springs, CO)

August 4-6: Zones (Minneapolis, MN)

August 14: Board Meeting @ PLHS - 7:00 PM

August 15: Return to Practice

September 5: No Practice - Labor Day

September 11: SCSC ISL Intrasquad @ PLHS

September 23-25: MW Athlete (Ryan Lochte) and Coach (Steve Lochte) Clinic @ Brownell Talbot

## MW LONG COURSE CHAMPIONSHIPS

Congratulations to everyone who had personal bests at the Midwestern Long Course Championships! We had some great time drops and individuals that achieved their goals! Way to go Seawolves!

# SECTIONALS & FUTURES MEETS RECAP

In mid-July, Miles Graham, Daniel Keller and Grace Swoboda all competed at Sectionals in Columbia, MO. There were plenty of great swims by all three, highlighted by Grace making the Finals in the 50, 100, and 200 Breaststroke events. Her final placing ranked 21st, 21st, and 32nd, respectively.

Grace turned around a few weeks later to compete at Futures. She swam the 100 Butterfly as well as the 100 and 200 Breaststrokes. She finished 21st in the 100 Breast and 29th in the 200 Breast.

## Next Board Meeting **August 14 @ 7:00pm**

Please meet at the pool by 6:50 and we will head to a classroom as a group. All members are encouraged to attend!

## Swimming Glossary: Word of the Month **Negative Split**

Go faster for the second half of the set distance than the first half

# CHAMPIONSHIP PICTURES

Watch your email in the coming days for a link to the MWS 8 & Under Championship & MWS Long Course Championship picture gallery!

# 8 & UNDER CHAMPIONSHIP HIGHLIGHTS

- Taylor Hoeschen was 3rd in Individual High Point for 8&U Girls
- Sarpy County Took 1st Place in Girls High Point Team
- Sarpy County Took 3rd Place in Combined Team High Point Team
- 8 & Under Girls Relay Team of Harlow Wagner, Ava Clinger, Natalie Erlbacher & Taylor Hoeschen Set a New 200 Free Relay Record with a time of 3:02.27



# MEET THE COACH



Coach Paige, Senior Group Assistant Coach

## **Favorite Food**

Any type of Pasta

## **Favorite Animal**

Otter

## **Favorite Movie**

The Proposal

## **Favorite Travel Destination**

I love visiting different national parks and hiking

## **Favorite Swimming Stroke**

Freestyle! I swam distance freestyle for almost 10 years.

## **Why Do You Coach?**

I coach because I love the sport of swimming! I started swimming for SCSC when I was 8 years old and I had fantastic coaches to help me grow as a swimmer and I want to do the same for others.

## **2022-2023 SCSC Team Registration**

SCSC Team Registration will open on August 1. The annual team registration fee is \$100. An email will be sent out with instructions on registering prior to the return to the short course season on August 15. Links to the Parent and Swimmer Code of Conducts will be included in the email and will need to be completed prior to returning to swimming as well.

## **2022-2023 USA Swimming Registration**

Starting September 1, 2022, families will put in their own information online for their athletes and their own non-athlete information for coaches and officials. EVERYONE will pay for their USA Swimming Registration online directly to USA swimming. As soon as we have the information, we will send out the information you need to register for 2022-2023. Current athletes and officials are good through December 31, 2022.

## **CENTRAL ZONE 14 & UNDER CHAMPIONSHIP MEET**

Andy Pettit will be competing at Midwestern's Central Zones in Minneapolis, MN August 4-7! Good luck and swim fast, Andy!

# Swimmers of the Month



## **Grace Swoboda**

### *Senior Group*

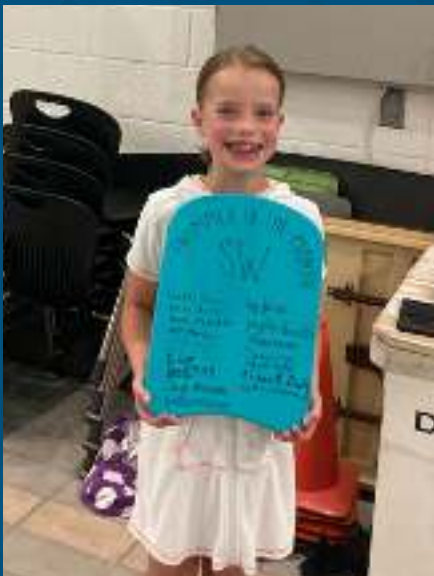
Grace had a very strong finish to the Long Course Season. She attended the Sectional Meet in Columbia, MO and made the Finals in all 3 Breaststroke events. She will also be attending Futures, which is a stepping stone meet for swimmers arriving to make Junior Nationals, in Minneapolis at the end of the month. She has had a fantastic summer in the pool and we look forward to her Short Course Season already!



## **Erick Mendez**

### *Junior Group*

Erick has improved his kick and is continually adding speed to his strokes. Good job Erick!



## **Audrey Rothermund**

### *Seawolves Group*

Audrey has moved up to the Silver Seawolves Group and is a super hard working swimmer! She is extremely focused and stays focused. Audrey has a positive attitude and we see great things in her future!

# RETURN TO PRACTICE REMINDERS

-We will be using only the south pool doors for entrance into the pool.

-Parents are not allowed on the pool deck. If you would like to speak with a coach, please email them and schedule a time before or after practice to meet with them.

-Locker rooms are for swimmers ONLY. This is a Safe Sport rule. We can not have parents or siblings using the locker rooms.



## Happy Birthday!

August 1 - Lillian Coleman  
Susanna Perlic

August 18 - Isabella Promes  
Annabelle Perry

August 26 - Olivia Rooks

August 3 - Emma Kaiser

August 20 - Julia Henrichsen  
Ariel Saliga

August 29 - Kylee Oswald

August 8 - Lydia Brewer

August 23 - Nathan Clasemann  
Samuel Lee

August 30 - Cailah Cruz-Alfaro

August 10 - Gemma Albert

## THANK YOU VOLUNTEERS!

Congratulations to **Steve Klein** on winning August'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

Paige Knight, Senior Group

Emma Daniels, Seawolves Group

Danielle Barrera-Bojanski, Junior Coach

Janet Cho, Team Administrator

[janet@sarpycountyswimclub.com](mailto:janet@sarpycountyswimclub.com)

### CONNECT WITH US

Website: [www.sarpycountyswimclub.com](http://www.sarpycountyswimclub.com)

Facebook: @SarpyCountySwimClub

Instagram: @SarpyCountySwim

Twitter: @SarpyCountySwim

### OTHER RESOURCES

Midwestern Swimming LSC: [www.mwswim.org](http://www.mwswim.org)

USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)