

SARPY COUNTY SWIM CLUB

THE PACK NEWSLETTER

August 2023 • Volume 6 • Edition 1



COACHES CORNER

Head Coach Nick Baker

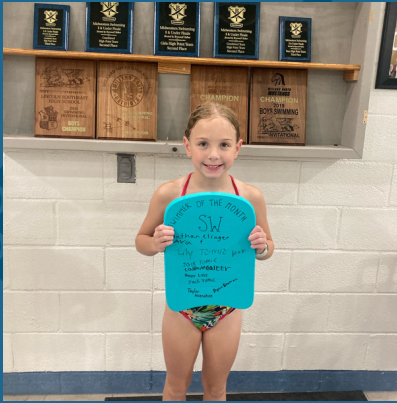
Hello SCSC Families,

Just like that, Long Course Season is over. SCSC had great showings here at the end of the season including the 8 and Under Championships, the Championship Challenge, and the Midwestern Championships. We plan to get back into the pool full-time beginning August 14. Enjoy some time to relax and prepare for another school year to begin.

Coach Nick



SWIMMERS OF THE MONTH



TAYLOR HOESCHEN
Seawolves Group



CORBYN CURRY
Junior Group



DANIELLE BARRERA-BOJANSKI
Senior Group

UPCOMING MEETS & EVENTS

- August 1: Registration Opens
- August 2: Triathlon
- August 14 & 15: Return for Short Course Season
- August 14: Masters Swimming Begins
- September 1: SCSC Cup Draft!!!
- September 4: No Practice, Labor Day
- September 7 & 8: SCSC Cup Team Practices

SWIMMING GLOSSARY: TIMER

The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.



MASTERS PRACTICES BEGIN AUGUST 2023!

Whether you're looking to continue your lifelong love for the sport, to stay in shape or meet new people, the SCSC Masters team is the place for you!

SCSC provides workouts and professional coaches to help you reach your goals! Masters swimming is for anyone 18 years and older!

Practice Times

Monday - Thursday, 8:15-9:15pm

Tuesday & Thursday, 5:30-6:30am*

(*Until high school season- HS season dues \$45/\$35)

REGISTRATION BEGINS SOON!

www.sarpycountyswimclub.com/masters



WORDS OF WISDOM: SCSC CUP MEET

Associate Head Coach Eric Rees

Our first meet of the 2023-2024 short course season, the SCSC Cup Meet (formerly ISL), is about a month away. This meet is one of the more enjoyable meets that is offered over the short course season for both the coaches and the swimmers. The meet is a great opportunity for our swimmers of every ability level and age to come together and compete for their intrasquad team. It is also a fantastic opportunity for the coaches to have the chance to meet and interact with swimmers that are not in their practice group or in age groups that they typically coach at meets.

On September 1, 2023 the Sarpy County Seawolves coaches will each be drafting a team composed of swimmers that have signed up for the SCSC Cup Meet. After the draft, the team rosters will be sent out for the swimmers and their families to see. We will be running three practices leading up to the meet as well as a team dinner for each individual team. The practices and dinner are an extension of what we have done in years past, and I am very excited that the SCSC Cup Teams will have the opportunity to bond with each other during these events prior to the meet. Any swimmers who are unable to attend the SCSC Cup Meet or who join SCSC after the meet will still be assigned to a team and will practice with the team they are assigned to during this three-day period.

The meet will be scored, and a meet champion will be crowned at the end of the meet based on overall team scores, so please stick around until the end of the meet even if your swimmer is done early. The 2021 SCSC Cup Meet champion was none other than the Fighting Sea Monkeys. At last year's meet, Coach Jeff and Monarch Swimming did just enough to shoplift the trophy away from its rightful place with the Fighting Sea Monkeys. This year, the Fighting Sea Monkeys intend to remedy this grievous injustice that occurred last year.

The remainder of the SCSC Cup will be composed of multiple challenges and events that each team can participate in to earn points for their intrasquad team. Save your pop tabs, if you aren't already, because that challenge benefitting the Ronald McDonald House is coming back as part of the SCSC Cup again this year. At the end of the short course season, the SCSC Cup champion will be crowned. This is a newer tradition with our team, but it has been very popular with our swimmers during its short existence. I hope your swimmer is able to join us in participating at this meet, and as always, GO FIGHTING SEA MONKEYS!



**SIX TEAMS.
ONE CHAMPION.**

RETURN TO PRACTICE REMINDERS

As we begin the short course season, here are some reminders:

- Please continue to keep using the south pool doors.
- Do not park in the fire lane.
- Locker rooms are for swimmers only. Parents/siblings/spectators must use the restrooms near the auditorium.
- If you need to talk to a coach, please email them, or wait by the stairs before or after practice.
- Parents, siblings and spectators are strictly prohibited from being on the pool deck at practice, at home meets, and at away meets - unless you are actively volunteering.

Think of it this way:

- Would you walk onto a basketball court during practice or a game? Probably not.
- Would you talk to a football coach on the sideline during a practice? Probably not.

Unauthorized persons being on deck whether it be at practice or meets, puts the safety of our athletes at risk, and is a violation of USA Swimming & SCSC policy

TEN COMMANDMENTS FOR SWIMMING PARENTS

By Rose Snyder, Managing Director Coaching Division, USOC

I. THOU SHALL NOT IMPOSE THY AMBITIONS ON THY CHILD.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual.

II. THOU SHALL BE SUPPORTIVE NO MATTER WHAT..

There is only one question to ask your child after a practice or a competition – "Did you have fun?"

III. THOU SHALL NOT COACH THY CHILD.

Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job.

IV. THOU SHALL ONLY HAVE POSITIVE THINGS TO SAY AT A SWIMMING MEET.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made.

V. THOU SHALL ACKNOWLEDGE THY CHILD'S FEARS

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Your job is to encourage and assure the child that they can do it.

VI. THOU SHALL NOT CRITICIZE THE OFFICIALS.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. HONOR THY CHILD'S COACH.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. THOU SHALL BE LOYAL AND SUPPORTIVE OF THY TEAM.

A summer swim team consists of members from ages 6-18, like no other sports team. One of the most fun parts is to see the young age groups cheering for the older age groups and vice versa.

IX. THY CHILD SHALL HAVE GOALS BESIDES WINNING.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort, regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. THOU SHALL NOT EXPECT THY CHILD TO BECOME AN OLYMPIAN

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

Let's Have a Great Season!



CONGRATULATIONS EMMA!

Congratulations to Emma Christenson for representing SCSC & Midwestern Swimming at the 2023 Central Zone 14 & Under Championship held in Lenexa, KS!

JOIN THE HOWLING PACK!

By joining the Howling Pack you are directly contributing to the growth and success of our swimmers by providing funds for equipment and valuable opportunities in the sport. Your \$25 Howling Pack sponsorship donation includes a SCSC car decal to show your support of the Seawolves anywhere you go!

Join today by clicking [here](#)

Happy Birthday!

August 1 - Lillian Coleman

August 1 - Susanna Perlic

August 3 - Emma Kaiser

August 6 - Mar Reddish

August 7 - Coach Jeff

August 8 - Lydia Brewer

August 8 - Evan Carlson

August 10 - Gemma Albert

August 10 - Brielle Wiater

August 18 - Isabella Promes

August 23 - Nathan Clasemann

August 23 - Samuel Lee

August 24 - Oleg Urban

August 29 - Kylee Oswald

August 30 - Cailah Cruz-Alfaro

THANK YOU VOLUNTEERS! Jon Clasemann

Congratulations on winning August'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

Danielle Barrera-Bojanski, Junior Coach/Seawolves

CONNECT WITH US!

Web: www.sarpycountyswimclub.com

Facebook: @SarpyCountySwimClub

Instagram: @SarpyCountySwim

Twitter: @SarpyCountySwim

NEXT BOARD MEETING

August 13 @ 7pm

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