



THE PACK

December 2022
Vol. 4 | Ed.5





COACHES CORNER

Head Coach Nick Baker

As we begin to enter winter weather, please remember that it is important for your swimmer to dress appropriately when outside, to eat right and sleep right, and to RECOVER right. With the colder temperatures and an increased likelihood of getting sick, it is essential for all swimmers to take care of themselves. This is also the thick of the competition season, and if your swimmer attends practice and competes regularly, they are going to be broken down. In fact, they may actually be ADDING time. This is ok and very common. If your swimmers take good care of themselves, cool down when their coaches ask, and remain persistent, they can almost certainly expect drops at the end of the season when we rest. If you have any questions, please reach out to your swimmers coach.

-Nick



UPCOMING MEETS & EVENTS

- December 1: USA Swimming Registration Deadline
- December 4: Cookies & Chlorine (PLHS Auditorium & South Gym)
- December 12: MAC Dual/No Practice
- December 17-18: CBSC Holiday Classic (Titan Hill Intermediate School - Council Bluffs)
- December 17: Wreaths Across America (Omaha National Cemetery @ 10:30 AM)
- December 23-27: No Practice, Winter Break
- December 28: Return to Practice
- January 4: No Practice, High School Meet
- January 7-8: CBSC Distance Meet (Titan Hill Intermediate School - Council Bluffs)
- January 10: No Practice, High School Meet - All Seawolves Swimmers will be Admitted Free of Charge
- January 14-15: MAC Winter Blast (Millard West High School)
- January 17: No Practice, High School Meet
- January 28-29: LSS Winterfest (Lincoln Northeast High School)

January Save the Date

January 10 - Papillion La Vista High School vs. Omaha Northwest - All Seawolves Swimmers will be admitted free of charge!

More information to come!

Safe Sport Recognition Program

We will be renewing our Safe Sport Recognition Program (SSRP) in January 2023. Please watch for more information in December and January on how you and your swimmer can help us renew our certification!

Next Board Meeting
February 12 @ 7:00pm
All members are encouraged to attend!

Swimming Glossary: Word of the Month **False Start**

When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.



SCSC ISL TEAM RANKINGS

RELAY NIGHT SCORES

1st Place

Fighting Sea Monkeys (119)

2nd Place

Monarch Swimming (110)

3rd Place

Team Kraken (97)

4th Place

Pink Panthers (94)

5th Place

Angry Beavers (93)

CURRENT RANKINGS AFTER INTRASQUAD & RELAY NIGHT

1st Place

Fighting Sea Monkeys (299)

2nd Place

Monarch Swimming (292)

3rd Place

Angry Beavers (264)

4th Place

Pink Panthers (261)

5th Place

Team Kraken (259)

MEET THE COACH

Coach Emma, Seawolves Assistant Coach



Favorite Food

Pizza

Favorite Animal

Frog

Favorite Movie

Croods

Favorite Travel Destination

Hawaii

Favorite Swimming Stroke

Breaststroke

Why Do You Coach?

Being a competitive swimmer gave me a passion for swimming and I want to give back to the sport that was so monumental to my life.

2023 Midwestern Swimming Short Course Championship Cuts

View MWS championship cuts by clicking [here](#)

“D1 Cuts” also known as championship cuts are a large part of your child’s swimming experience. D1 Cuts are the minimum time needed for your swimmer to qualify for the MWS Championship Meet hosted in March.

Coaches strive to ensure your swimmer achieves these cuts. Any swimmer who achieves a MWS D1 time is expected to participate at the MWS Championship Meet.

If you have questions about D1 cuts, please contact a coach.



Swimmers of the Month



Ben Arens
Senior Group

Ben has worked tremendously hard in practices. He has great attendance and has improved a lot. At the MAC Senior Meet, Ben had huge drops and swam extremely well in the 100 fly.



Erin Rhoades
Junior Group

Erin has been working hard at swim practice and it shows in the meets. Erin is dropping tons of time at meets. We look forward to your hard work bringing you continued time drops this season!



Callen McAleer
Seawolves Group

Callen works hard and has made lots of improvement this month. Callen has went out of his comfort zones at meets to continue to improve himself. Keep up the hard work, Callen!



SCSC REWIND:

Cookies & Chlorine

DECEMBER 12, 2021

Happy Birthday!

December 2 - Taylor Hoeschen

December 19 - Liam Prey

December 4 - Danielle Barrera-Bojanski

December 23 - Victoria Dailey

December 9 - Elizabeth Knight

December 29 - Miles Graham

THANK YOU VOLUNTEERS!

Congratulations to **Jenessa Cruz-Alfaro** on winning December'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

CONNECT WITH US



Website: www.sarpycountyswimclub.com

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OTHER RESOURCES

Midwestern Swimming LSC: www.mwswim.org

USA Swimming: www.usaswimming.org