



THE PACK

February 2023
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COACHES CORNER

Head Coach Nick Baker

Hello SCSC Families!

We are quickly approaching Championship Season! Later this month will be the 8 and Under Championships. After that, we will be attending the Championship Challenge. This meet is for swimmers who are still striving for Midwestern Championship cut times. One important thing about that Championship Challenge is that if your swimmer already has multiple Midwestern Cuts, you should have a conversation with your swimmer's coach regarding whether or not they should attend the Challenge. Your coach will be able to tell you if participating in that meet will be beneficial for your swimmer, or if it will simply be adding races that are not necessary. As coaches, we plan our whole season around "focus meets" and our main Short Course focus meet is the Midwestern Championships. Depending on where your swimmer is at, it could be detrimental to their performance at Midwestern Championships to race at the Challenge. Please communicate with your swimmer's coach if you have questions about this.



UPCOMING MEETS & EVENTS

- February 2: No Practice, High School Meet
- February 4-5: SCSC President's Day Meet
- February 11: SCSC Stroke, Turn & Starts Clinics
- February 12: SO Distance Meet
- February 14: Be My Valentine Event (During Practice)
- February 14: Final Weigh in for Pop Tabs
- February 18: 8 & Under Championships - (Brownell Talbot)
- February 18-19: CBSC NTS Invite (Titan Hill Intermediate School - Council Bluffs)
- February 19: Board Meeting @ PLHS
- February 23: Luau @ Practice
- March 3: No Practice, CBSC Challenge Meet
- March 3-5: CBSC Challenge Meet (Titan Hill Intermediate School - Council Bluffs)
- March 9-12: Central Zone Speedo Sectionals Meet (Columbia, MO - Qualifying Times (Seniors))
- March 10: Last Day of Short Course Practice for Non-Championship Swimmers
- March 15: Team Spaghetti Dinner (All Swimmers & Families - PLHS Cafeteria)
- March 17-19: 2023 Midwestern Short Course Championships (Fremont YMCA - Fremont)
- March 20-31: Club Break
- April 3: Return to Practice for Long Course Season



ISL POP TAB CONTEST

The **Fighting Sea Monkeys** keep the lead in the ISL pop tab contest! In second place is Team Monarch Swimming!

Keep bringing in your pop tabs to support the Ronald McDonald House!

Next Board Meeting
February 19 @ 7:00pm
All members are encouraged to attend!

Swimming Glossary: Word of the Month **Circle Seeding**

A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (i.e.) Lane 4 in the final three heats.

Save the Date! SCSC Olympian Clinic

We are excited to announce that SCSC will be hosting three-time Olympian, Anthony Ervin, for a clinic and meet & greet on **Sunday, April 16, 2023!** Through the efforts of our 2022 firework stand fundraiser, we are pleased to offer this opportunity to all SCSC swimmers at no cost- FREE!

A graduate and swimmer at the University of California Berkley, Ervin competed in the 2000, 2012 and 2016 Olympic games, winning 1 silver (4x100 free, 2000) and 3 gold medals (4x100 free, 2016; 50 free, 2016; 50 free, 2000). Following the 2000 Olympics, Ervin stopped swimming competitively in 2003 and auctioned off his 2000 Olympic gold medal to aid survivors of the 2004 Indian Ocean earthquake and tsunami. Ervin began training again in 2011. During the London 2012 Olympics, he placed fifth in the 50 free, and 16 years after winning his first gold medal, Ervin won another gold in Rio, becoming the oldest individual Olympic gold medal winner in swimming.

More information including the schedule and sign-up will be released over the next couple of weeks, so please be on the lookout for those emails. Again, we are thrilled to be able to give our swimmers this opportunity and would like to thank everyone who helped with last year's firework stand fundraiser for helping to make this possible.



MEET THE COACH

Carol Olson, Assistant Coach- SW Group



Favorite Food

White Cheddar Cheese

Popcorn

Favorite Animal

Horse

Favorite Movie

Seabiscuit

Favorite Travel Destination

Mexico

Favorite Swimming Stroke

Freestyle

Why Do You Coach?

I enjoy sharing my love of swimming and instilling in young athletes the passion that I have for this lifelong sport. I also feel strongly about giving back to this sport that has provided so many opportunities and lifelong friendships for myself and my three children.

Pink Panthers Mystery Donor



One of Three Fighting Sea Monkeys Big Donors



Swimmers of the Month



Keira Promes
Senior Group

Keira has had a fantastic high school season. She has qualified for State individually in the 500 and is a member of multiple relay teams that have qualified for State as well. She is a great teammate and consistently trains and performs at a high level.



Liam Prey
Junior Group

Liam has shown what working hard at practice can do. Liam's techniques have continued to improve and it shows at swim meets. Keep up the hard work Liam!



Harper Lierz
Seawolves Group

Harper has been working hard at practice and has had really good time drops at swim meets. We can't wait to see what else Harper can do!

ISL Team Scoring to Continue to Championships!

The final event for scoring points for the ISL teams will be the number of swimmers attending the Midwestern Short Course Championships, March 17-19, 2023! The winning team will be announced the week of March 20, 2023! In addition, the prize for the winning team will be announced over the coming weeks!

Happy Birthday!

Feb 2- Coach Nick

*Feb 4- Coach Emma &
Annika Santos*

*Feb 6- Anna Podany &
Garrett Gehringer*

Feb 10 - Ben Arens

*Feb 11- Aspen Newman &
Harlow Wagner*

Feb 18 - Nora Ostlund

*Feb 21- Kyan Lipton &
Meredith Cieslik*

Feb 26- Corbyn Curry

THANK YOU VOLUNTEERS!

Congratulations to **Clint Huerter** on winning February'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

Billy Salber, Seawolves & Junior Groups

Carol Olson, 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