



Red

8	12	22
6	12	12
12	22	8
12	8	22
72	8	12
22	12	8
18	9	8

- Sprinter
- Small
- back
- wall
- flutter

THE PACK

January 2023
Vol. 4 | Ed.6





COACHES CORNER

Head Coach Nick Baker

We hope that everyone had a great holiday and a relaxing break. Please note that over the course of January and February, there will be a few nights with no practice due to home high school meets (Jan 4, Jan 10, Jan 17, Feb 2). Also, as we experienced last week, when it comes to cold/snow days, our team must follow PLC Schools policy, which means if PLC Schools cancel, we will not practice. We will always communicate this as well.

With all of that being said, we are beginning to enter the championship phase of our season. There are three meets that swimmers will be focusing on-the 8 and Under Championships, the Championship Challenge, and Midwestern Championships. All 8 and Under should declare for their championship meet, and all swimmers ages 9 and up without MW cut times should compete in the Challenge as a last chance to hit cuts. As we get closer to these meets, more information will be communicated to families. As always, ask your swimmers coach if you have any questions.



UPCOMING MEETS & EVENTS

- January 2: Poppin' in the New Year
- 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 - Free Admission for all SCSC Swimmers
- January 14-15: MAC Winter Blast (Millard West High School)
- January 15: Last day to earn double points on SSRP courses
- January 17: No Practice, High School Meet
- January 28-29: LSS Winterfest (Lincoln Northeast High School)
- February 2: No Practice, High School Meet
- February 4-5: SCSC President's Day Meet
- February 12: SO Distance Meet
- February 12: Board Meeting @ PLHS
- February 14: Be Mine Event (During Practice)
- February 14: Final Weigh in for Pop Tabs & ISL Winner Announced
- February 18: 8 & Under Championships - (Brownell Talbot)
- February 18-19: CBSC NTS Invite (Titan Hill Intermediate School - Council Bluffs)



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 12 @ 7:00pm
All members are encouraged to attend!

Swimming Glossary: Word of the Month **Championship Meet**

The large meet held at the end of each season, in March and August. Qualifying times are necessary to enter these meets.



SAFE SPORT RECOGNITION PROGRAM (SSRP)

As many of you know, SCSC became the first Safe Sport Recognized Team (SSRP) in the Midwestern Swimming LSC in 2019. Since then, we renewed our commitment in 2021 and are in the process of renewing again. The USA Swimming Safe Sport Club Recognition program allows a USA Swimming member club to demonstrate its commitment to creating a healthy and positive environment free from abuse for all its members through the development and implementation of club governance measures, Safe Sport policies and reporting mechanisms, Safe Sport best practices and training to athletes and parents.

To renew our SSRP status, we need all of our swimmers and parents to take a quick, online course through USA Swimming. Points are awarded to our team based on how many swimmers/parents complete the course, and SCSC will be able to track who completes the course.

PLEASE CHECK YOUR EMAIL OR THE NEWS SECTION FOR INSTRUCTIONS & MORE INFORMATION



MEET THE STAFF

Janet Cho, Team Administrator



Favorite Food

Chips & Salsa

Favorite Animal

Buffalo

Favorite Movie

Suicide Squad

Favorite Travel Destination

New Mexico

Favorite Swimming Stroke

Freestyle

What is your favorite part about working for the Seawolves?

Supporting the coaches to help allow them to further develop swimmers by reducing the amount of off the pool deck administrative tasks they would traditionally have otherwise.

ALL STAR MEET

Four SCSC swimmers (AJ Arens, Emma Christenson, Zach Decker & Nolan Palmer) were selected to represent Team Midwestern at the 2023 Midwest All Star Meet in Des Moines, IA. Congratulations & good luck!

ALL STAR SENDOFF

Please join us on Thursday, January 12 at 6:30pm to send off our All Star swimmers and wish them luck before they travel to the meet!



ALL STARS

TEAM MIDWESTERN | JANUARY 14-15, 2023 | DES MOINES, IA

SWIMMERS! YOU'RE INVITED TO THE PLV/PLVS HIGH SCHOOL SWIM MEET VS OMAHA NORTHWEST

All Seawolves swimmers are invited to attend the Papillion La Vista Swim & Dive high school home meet on Tuesday, January 10 vs. Omaha Northwest at 4:30 PM. There will be no practice that night. If your swimmer would like to attend the meet, they will need to check in at the admissions table and give their name and they will have free admission to the meet. Parents are welcome to drop off their swimmers or they may attend as well. Adult admission is \$6.00 and \$4.00 for students (non Seawolves swimmers). Monarch and Titan Activity Passes can be used for Swimming and Diving. This is a great opportunity for the swimmers to see how high school meets go and have a fun time with their teammates! Adult and student tickets can be purchased prior to the meet online through GoFan.Co

Happy Birthday!

January 5 - Noah Doane & Kastle Oswald

January 16 - Sophie Pluta & Elliot Van Rooyen

January 11 - Adam Balentine

January 17 - Aeval Larkin

January 12 - Addy Huerter

January 23 - Bennett Carrico & Nolan Palmer

January 14 - Ainsley Edwards

THANK YOU VOLUNTEERS!

Congratulations to **Kris Kaiser** on winning January'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

Facebook: @SarpyCountySwimClub

Instagram: @SarpyCountySwim

Twitter: @SarpyCountySwim

OTHER RESOURCES

Midwestern Swimming LSC: www.mwswim.org

USA Swimming: www.usaswimming.org