

WE ARE
SCSC



THE PACK

July 2022
Vol. 3 | Ed. 4





COACHES CORNER

Head Coach Nick Baker

Hello SCSC Families,

Thank you to all of the families that have helped out in volunteer capacities over the past month! We would not be able to run home meets without you. Additionally, thank you for helping run the firework stand this year. That is our main fundraiser, and by operating the stand we are able to keep our monthly dues lower than other clubs in the area. We all appreciate the helping hands that keep our club operational. If you are looking for a way to get more involved with SCSC, keep your eyes open for communication about the upcoming Board election.



UPCOMING MEETS & EVENTS

July 1-4: Firework Tent

July 4: No Practice for Junior Bronze & Silver & Seawolves/Fourth of July

July 13-16: Sectionals (Columbia, MO)

July 20: Last day of practice for non Championship swimmers for Seawolves

July 21: MW 8 & U Finale

July 21: No Practice for all Seawolves Groups

July 21: Last day of practice for non Championship swimmers for all groups

July 22-24: MW FAST/SO Championship Challenge (Fremont)

July 25-27: Seawolves & Junior Bronze & Silver Championship Swimmers Combined Practice, 5:30-6:30

July 26: SCSC New Swimmer Tryouts, 6:30 (PLHS Pool)

July 27-30: Futures (Minneapolis, MN)

July 28-31: MW Championships (Woods Pool - Lincoln, NE)

August 1-14: 2 Week Break

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

August 4-6: Zones (Minneapolis, MN)

August 15: Return to Practice

Items to watch for in July:

Team Dinner

Board Elections

Registration (SCSC & USA Swimming)

SECTIONALS & FUTURES MEETS

Congratulations to Miles Graham, Daniel Keller, Lawton Rees and Grace Swoboda for qualifying for the Region VIII sectionals meet in Columbia, MO! Good Luck Swimmers!!!

Congratulations to Grace Swoboda for qualifying for Futures in the 100 Breaststroke! Grace will be competing in Minneapolis, MN, July 27-30!

Next Board Meeting
August 14 @ 7:00pm
All members are encouraged to attend!

Swimming Glossary: Word of the Month
STEADY
Swimming at a pace which is easily maintained (not easy or too hard, aiming for consistency of pace)

LSS CAPITAL CITY CLASSIC

Congratulations to Andy Pettit for winning the LSS Capital City Classic High Point for 9-10 age group!

WFF Summer Explosion Meet Recap

SCSC attended the West Fargo Flyers Summer Explosion meet in West Fargo, ND for the first time with great success! 47 best times between 8 swimmers. 7 event winners, Daniel Keller 17-18 200 IM, 200 breast, 200 fly. Leah Erlbacher 17-18 100 free, 200 back, and 200 free. Braxton Rees 13-14 200 breast. 2 new sectional cuts for Daniel Keller 200 IM and 200 fly.



MEET THE COACH

Coach Riley, Senior Group Assistant Coach



Favorite Food

Red Velvet Cake

Favorite Animal

The domestic house cat

Favorite Movie

Independence Day

Favorite Travel Destination

Any mountain above 13,000 feet

Favorite Swimming Stroke

Freestyle

Why Do You Coach?

I coach because swimming has been such an important part of my life and I want to give back to the next generation of swimmers.

MIDWESTERN SWIMMING CHAMPIONSHIP CHALLENGE & CHAMPIONSHIP MEET INFORMATION



The Midwestern Championship Challenge meet is coming up, July 22-24! This is the last chance to qualify for Championships. For some, this is their championship. Individual medals are awarded for 1st – 6th place.

The 2022 Midwestern Long Course Championship is July 28-July 31 in Lincoln! Please declare your swimmer for the meet prior to July 10. Even if your swimmer does not qualify to swim individually, they still have a chance to swim on a relay team.

Championship theme for all teams is Hawaiian Luau Beach Party!!! Help support the team with our team championship shirt. Watch your email for more information on ordering. If anyone has decorations that they would like to donate to help decorate the team tents or would like to help decorate, please contact Janet Cho at janet@sarpycountyswimclub.com. Additional information will be sent out prior to championships.

Swimmers of the Month



Charlotte Gifford

Senior Group

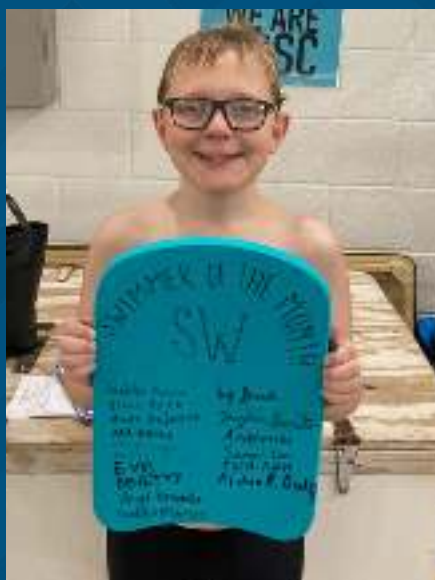
Charlotte comes to practice with a positive attitude and ready to work. She is a fantastic teammate and always supports swimmers in both practices and meets. Charlotte shows great initiative and is always willing to help out.



Isabella Williams

Junior Group

Isabella is now leading her lane and adding speed to her breaststroke! Keep up the great work, Isabella!



Aidan Dodson

Seawolves Group

Aidan has worked really hard perfecting his start and working on his endurance. Good job, Aidan!

FIREWORK STAND FUNDRAISER

The 2022 firework stand fundraiser is in full swing and we are doing very well!

The tent is open 8am to 10pm daily and open until midnight on July 4th in the Papillion Walmart parking lot!

Thank you to everyone who has come and helped, or is signed up to help! This fundraiser truly helps our team and swimmers.



Happy Birthday!

July 2-Grant Mossman
July 9-Grace Farrington
Paisley Lappe
Tristan Bohlen
July 11-Alexis Allemang
Liviana Olson

July 14- Izabelle Goracke
July 20- Aiden Cote
July 26- Marti Warrior
July 31- Lydia Palmer

THANK YOU VOLUNTEERS!

Congratulations to **BRYCE CURRY** on winning July'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
Emma Daniels, Seawolves Group
Maddie Huebert, Seawolves & Junior Groups
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