



THE PACK

March 2023
Vol. 4 | Ed.8





COACHES CORNER

Head Coach Nick Baker

Hello SCSC Families!

We are now in the thick of Championship Season. Our 8 and Unders competed at Brownell-Talbot and had a very successful meet with multiple athletes earning Individual High Point Awards, our boys finishing 3rd overall, a 2nd place team finish, and our girls winning the meet! Now, we move on to the Championship Challenge as well as Midwestern Championships. Again, please communicate with your swimmers' coach in regards to any Secondary Cuts that your athlete may have and how that may play out in terms of their events for Midwestern Championships. Also note that as the season winds down, athletes will begin to taper, which means practices may end up getting over earlier than usual. This will be communicated by coaches to families. We are looking forward to some FAST swimming over the next month!



UPCOMING MEETS & EVENTS

- March 3: No Practice, CBSC Challenge Meet
- March 3-5: CBSC Challenge Meet (Titan Hill Intermediate School - Council Bluffs)
- March 7: SCSC Championship T-Shirt Orders Due
- March 9-12: Central Zone Speedo Sectionals Meet (Columbia, MO - Qualifying Times)
- March 9: Luau @ Practice (All Practice Groups)
- March 10: Last Day of Short Course Practice for Non-Championship Swimmers
- March 11: SCSC Stroke, Turn & Starts Clinic (Signup Required)
- March 12: Daylight Savings Time Begins
- March 13-16: Practice for Championship Swimmers Only
- March 15: Team Spaghetti Dinner (All Swimmers & Families - PLHS Cafeteria)
- March 16: SCSC Senior Impact Scholarship Application Due
- 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/Swim Into Summer (Practice)
- April 16: SCSC Olympian Clinic - Anthony Ervin (PLHS Pool)



ISL POP TAB CONTEST

Congratulations to Coach Riley & the Pink Panthers on winning the ISL pop tab competition! Tabs will be donated to the Ronald McDonald House Omaha to help aid in paying their electric bill. Thank you to everyone who brought in pop tabs!

Next Board Meeting
May 21 @ 7:00pm

All members are encouraged to attend!

Swimming Glossary: Word of the Month **Taper**

When a swimmer is asked what their favorite thing is, taper is most likely at the top of that list. Taper is when practices start to get easier and more rest is implemented so that the body is more fresh for a championship meet, thus resulting in faster swims.

Senior Swimmer Impact Scholarship

We are excited to announce the SCSC Senior Impact Scholarship, established in 2023 to provide graduating high school seniors, who are continuing swimming or majoring in education or a sport-related field at the collegiate level, with a one-time \$500.00 scholarship to help support them as they begin a new chapter in their life, in recognition of their time and dedication to the sport in the past and present, and their commitment to swimming and/or athletics in the future. This annual \$500.00 scholarship will be awarded to one high school senior who is an active member of Sarpy County Swim Club through the short course season. For more information and how to apply, please visit the email sent on February 27 or contact Coach Nick.

The deadline to apply is Thursday, March 16



NSAA State Swimming Championships

The Papillion-La Vista/Papillion-La Vista South finished their season at the 2023 NSAA State Swimming Championships in Lincoln. Overall the Papio girls' team placed 14th, and the boys' team finished 11th. To view results visit @PLCSwimAndDive on Instagram, and welcome back senior group swimmers!

Save the Date- Short Course Team Dinner!

Please join us on Wednesday, March 15 at 6:00 PM in the PLHS cafeteria for a spaghetti dinner to celebrate the end of the short course season and kick off short course championships! Information about SC champs will also be shared at this dinner.

The cost per person is \$8, and we ask that families RSVP by Tuesday, March 14. If you are able to help serve or bring a dessert, please signup on the link in your email.

MEET THE COACH

Billy Salber, Assistant Coach- SW & JR Groups



Favorite Food
Seafood

Favorite Animal
Cheetah

Favorite Movie
Rudy

Favorite Travel Destination
Rome, Italy

Favorite Swimming Stroke
Butterfly, specifically 100 Fly

Why Do You Coach?

I have spent the majority of my life competing, analyzing, and enjoying the sport of swimming. Coaching gives me an opportunity to share that passion and the expertise I have with those younger than me.



8 & Under Short Course Championship

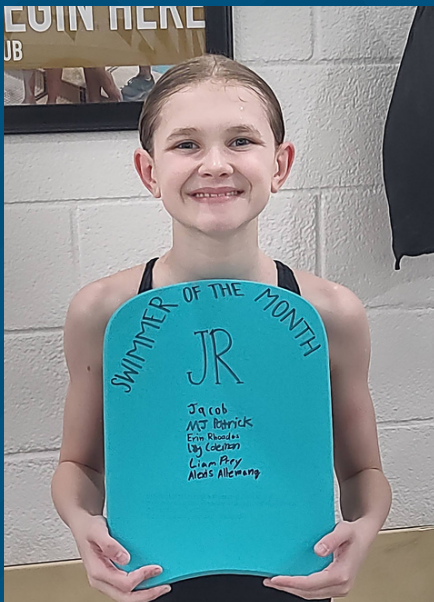
Congratulations and great job by all of our 8 & unders for their hard work at the 8 & Under MWS Short Course Championship! Overall, SCSC placed 2nd, with the girls team placing 1st overall, and boys 3rd overall. SCSC swimmers saw many new best times! Jack Tomic took 1st place high point for the 6 & under boys; Ryan Baker placed 4th in the 6 & under girls high point; and Ava Clinger placed 6th in the 7-8 girls high point. Congratulations on a great season!

Swimmers of the Month



Noah Doane
Senior Group

Noah has done a fanatic job of managing injury this season. He has been consistently positive and optimistic towards both himself and his teammates. Noah finished his high school season by swimming on Day 2 in all three relays as well as the 100 back.



Lexi Allemang
Junior Group

Lexi's continued time drops are a testament to her practice and swim meet attendance. Lexi has had a great season and we can't wait to see her continued success.



Jack Tomic
Seawolves Group

Jack swims lights out at every practice and is a great team player. Jack received the 8&U Championships Short Course High Point Award.

Short Course Championships

Meet Theme: Neon

T-Shirts

If you would like to order a SCSC 2023 short course championship t-shirt, please place your order by 1:00pm on Tuesday, March 7 with the link in your email.

Swim Caps

We will have SILICONE championship team caps available to purchase for \$15. Caps can be purchased from a coach at the meet or at the team spaghetti dinner.



Happy Birthday!

Mar 4- Sawyer Poston

Mar 7- Lily Tomic

Mar 8- Ruby Romano

Mar 9- Megan Cavanaugh

Mar 14 - Bradley Newman

Mar 18 - Janet Cho

Mar 22 - Erick Mendez

Mar 25- Juhith Swarna

Mar 28 - Candace Volker

Mar 30- Audrey Rothermund

THANK YOU VOLUNTEERS!

Congratulations to **Sandy Santos** on winning March'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