



THE PACK

May 2022
Vol. 3 | Ed. 2





COACHES CORNER

Head Coach Nick Baker

We're officially underway with the 2022 long course season! Long-course (LCM) is when competition is held in a 50-meter (Olympic-sized) pool. Short-course (SCY), on the other hand, is when competition is held in a 25-yard pool. Due to the lack of long-course facilities in our area, many of our LCM meets take place out of the Omaha-metro area. As a result, our club is hosting a handful of SCY meets this summer.

Swimmers can qualify for LCM meets (MW Champs, Sectionals, etc.) with a SCY time and vice versa. Competing in both courses is certainly important and it also provides swimmers and families with a "change of scenery". Keep in mind, that during our first few meets back in a new season, swimmers will most likely see some increased time drops.

One final thing that I would like to point out, is that short-course is more valuable when it comes to swimming at the collegiate level. Long-course is more important when competing at the international level, however in my years of coaching and with the dozens of swimmers who we have had recruited to swim collegiately, I have never had a college coach more interested in long-course times than short-course times.



UPCOMING MEETS & EVENTS

- April 29-May 1: Augustana Spring Splash (Augustana, SD)
- May 10: OTC Trip Parent Meeting, 5:30pm, PLHS Cafeteria
- May 12: SCSC Intrasquad
- May 15: Board Meeting, 7:00pm
- May 21-22: SCSC Salute to Summer
- May 30: No Practice/Memorial Day
- June 10: SCSC Distance Triangular
- June 11-12: SCSC Mid-Summer Splash
- June 18: SLS Summer Splash (South Sioux City, NE)
- June 18: Papillion Days Parade
- June 23-26: LSS CCC Meet (Woods Pool - Lincoln, NE)
- June 24-26: Flyer Summer Explosion Meet (West Fargo, ND)
- June 24-July 4: Firework Tent
- July 4: No Practice/Fourth of July
- July 13-16: Sectionals (Columbia, MO)
- July 21: MW 8 & U Finale
- July 27-30: Futures (Minneapolis, MN)
- July 28-31: MW Championships (Woods Pool - Lincoln, NE)

new **TEAM RECORDS**



Girl's 10 & Under 200 Medley Relay

Elizabeth Knight

Geetika Swarna

Lilla Pettit

Zaylie Smith



Boy's 13-14 50 Butterfly

Logan Miller

Boy's 8 & Under 200 Free Relay

Chase Thomas

Ivan Valadez Fuentes

Sawyer Poston

Steven Junod

JUNE & JULY PRACTICE SCHEDULE

Printable version available on the website on the Meets & Events tab

SCSC Practice Schedule | June – July 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Gold	6:30-8:15am (PLHS)	6:30-8:15am (Bay) 4:30-5:30pm (PLHS)	6:30-8:15am (PLHS)	6:30-8:15am (Bay) 4:30-5:30pm (PLHS)	6:30-8:00am (PLHS)	As Scheduled
Senior Silver	6:30-8:15am (PLHS)	6:30-8:15am (Bay) 4:30-5:30pm (PLHS)	6:30-8:15am (PLHS)	6:30-8:15am (Bay) 4:30-5:30pm (PLHS)	6:30-8:00am (PLHS)	As Scheduled
Junior Gold	6:30-8:15am (PLHS)	6:30-8:15am (Bay) 4:30-5:30pm (PLHS)	6:30-8:15am (PLHS)	6:30-8:15am (Bay) 4:30-5:30pm (PLHS)	6:30-8:00am (PLHS)	As Scheduled
Junior Silver	6:00-8:00pm (PLHS) (6-6:30 Dryland)	6:00-8:00pm (PLHS) (6-6:30 Dryland)	6:00-8:00pm (PLHS) (6-6:30 Dryland)	6:00-8:00pm (PLHS) (6-6:30 Dryland)	5:00-7:00pm (PLHS) (5-5:30 Dryland)	As Scheduled
Junior Bronze	6:00-8:00pm (PLHS) (6-6:30 Dryland)	6:00-8:00pm (PLHS) (6-6:30 Dryland)	6:00-8:00pm (PLHS) (6-6:30 Dryland)	6:00-8:00pm (PLHS) (6-6:30 Dryland)	5:00-7:00pm (PLHS) (5-5:30 Dryland)	As Scheduled
Seawolves Gold	5:30-6:30pm (PLHS)	5:30-6:30pm (PLHS)	5:30-6:30pm (PLHS)	5:30-6:30pm (PLHS)	8:00-9:00am (PLHS)	As Scheduled
Seawolves Silver	5:30-6:30pm (PLHS)	5:30-6:30pm (PLHS)	5:30-6:30pm (PLHS)	5:30-6:30pm (PLHS)	8:00-9:00am (PLHS)	As Scheduled
Seawolves Bronze	5:30-6:15pm (PLHS)	5:30-6:15pm (PLHS)	5:30-6:15pm (PLHS)	5:30-6:15pm (PLHS)	8:00-8:45am (PLHS)	As Scheduled

Next Board Meeting May 15 @ 7:00pm

All members are encouraged to attend! Meeting will be at PLHS. Plan to meet at the pool and then we will head to a classroom.

Swimming Glossary: Word of the Month **HEAT SHEET/MEET PROGRAM**

Purchased at swim meets; a heat sheet/meet program provides everyone with a list of swimmers' events, heats and lane assignments

Volunteer Appreciation Week Recap

From April 18 - April 22, we celebrated our AWESOME volunteers during National Volunteer Appreciation Week! We are grateful for our parent volunteers every day, but during the week we were able to further celebrate and recognize all the people who help to make our team a special place!

If you are interested in joining a committee or to learn more about volunteering with the team, contact SCSC Team Administrator, Janet Cho





Gracie Cunningham

Gracie began competitive swimming nine years ago with SCSC and competed for the PLV/PLV-S swim team in high school. During the 2022 NSAA high school state swimming championship, she was part of the Girl's 200 Medley Relay State Champion team. Gracie's favorite events include the 200 free and 100 back. After graduation, she plans to attend Augustana University in Sioux Falls, SD and major in exercise science on the pre-med track. Congratulations Gracie!



Daniel Keller

Daniel has been in the water since the age of three, he has swam with the YMCA, SCSC and the PLV/PLV-S high school swim team. Daniel has qualified for numerous sectionals meets and has made his way to the podium at the NSAA state championship. His favorite event is the 400 IM, and after high school, Daniel plans to swim at the University of Wisconsin-Whitewater while studying social work. Congratulations Daniel!



Teresa Cavanaugh

Teresa began her swimming career on the Papiro Pool summer rec team at the age of six. In sixth grade, Teresa joined SCSC. Teresa swam for the PLV/PLV-S high school team and she was part of the Girl's 200 Medley Relay State Champion team at the 2022 NSAA State Swimming Championship meet. Teresa enjoys swimming the 100 backstroke, and after graduation plans to study biology and swim in college. Congratulations Teresa!



MEET THE COACH

Coach Jeff, Junior Group Lead Coach



Favorite Food

Lasagna

Favorite Animal

Cheetah

Favorite Movie

The Breakfast Club

Favorite Travel Destination

Anywhere in Colorado

Favorite Swimming Stroke

Fly

Why Do You Coach?

I coach to see the athletes work hard, get better, and succeed



Olympic Training Center

SCSC has been given the opportunity to train at the Olympic Training Center in Colorado Springs, CO, from August 2 - August 5. We have lots of stuff planned during the trip, including 5+ in-water training sessions at 6,000+ altitude, team activities, off-campus trips and lots of fun!

For more information visit the 'News' section of the team website.

There is a mandatory parent meeting **Tuesday, May 10 @ 5:30pm in the PLHS Cafeteria** for parents who have swimmers that would like to attend. We will be discussing trip details and specifics, please contact Aidan Cho if you can not attend, but are interested, so we can make alternative arrangements.



Swimmers of the Month



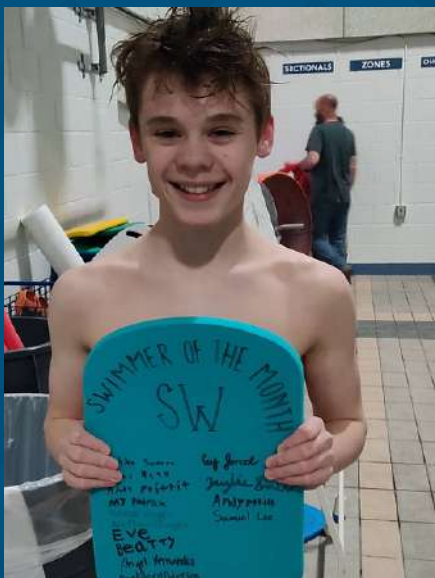
Noah Doane
Senior Group

Noah has continued to work hard and pay attention to details in order to improve. He dropped a lot of time over the high school season and continued dropping in off events at the Championship Challenge and MW Champs.



Sierra Hanson
Junior Group

Sierra was on numerous relay teams at MW Champs, and has stepped up her work efforts at practice! Great job, Sierra!



Samuel Lee
Seawolves Group

Sam has recently moved up from Seawolves Gold to Junior Bronze due to his hard work & determination at practice, keep up the great work!

FIREWORK STAND FUNDRAISER

As a reminder, our annual firework stand fundraiser begins June 24 through the night of July 4! The fundraiser helps to offset numerous team costs, and we need your help!

Each family is asked to work two day shifts or one overnight shift during the tent dates. If your family cannot volunteer for these shifts there are other options available.

Please be sure to signup for your shifts on the team website and visit the firework stand webpage for all the information you may need!

Happy Birthday!

May 3- AJ Arens

May 4- Camden Heiden

May 6- Isabelle Haggar

May 10- Monica Valadez

Fuentes

May 18- Logan South

May 19- Frank Hernandez

May 20- Zaylie Smith

May 21- Maddaliene Prentice

May 31- Zachary Decker

THANK YOU VOLUNTEERS!

Congratulations to **MONICA PATRICK** on winning May'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

Ray Barquero-Cruz, Seawolves 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