

SARPY COUNTY SWIM CLUB

# THE PACK NEWSLETTER

November & December 2023 • Volume 6 • Edition 2



## COACHES CORNER

Head Coach Nick Baker

We are beginning to pick up our competition portion of the season. Please pay attention to meet entry deadlines and as always, speak with your swimmers coach if you have questions or concerns about events. Also note that this can be a plateauing period for swimmers-as workload increases during practices and as swimmers compete in more meets, they may not see the drops that happen early in the season or during taper. For that reason, it is important for the psychological health of our swimmers for them to mix in some “off events” that they don’t typically race. This increases the likelihood of time drops and can even help swimmers mold some of their weaknesses into strengths.

Coach Nick



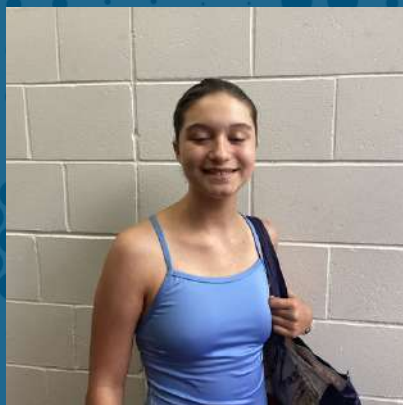
## COACH ERIC NAMED INTERIM HEAD SWIM COACH AT COLLEGE OF SAINT MARY

SCSC Families-

Please help us in congratulating Coach Eric on being named as Interim Head Swim Coach with the College of Saint Mary Flames!

Over the next few months, you may notice Coach Eric being in and out of practices as he leads the CSM swim team. We will continue our junior group weights schedule with Aidan and Janet filling in on days that Eric is with the CSM team.

# SWIMMERS OF THE MONTH – NOVEMBER



**LEXI FAIR**  
Seawolves Group



**AUBREY MEYER**  
Junior Group



**HOPE LOWIS**  
Senior Group

# SWIMMERS OF THE MONTH – DECEMBER



**LEXI PETERS**  
Seawolves Group



**AJ ARENS**  
Junior Group



**BENNETT CARRICO**  
Senior Group

## SWIMMING GLOSSARY: NT

No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.



Whether you're looking to continue your lifelong love for the sport, to stay in shape or meet new people, the SCSC Masters team is the place for you!

SCSC provides workouts and professional coaches to help you reach your goals! Masters swimming is for anyone 18 years and older!

Join and learn more at [www.scscmasters.com](http://www.scscmasters.com)



# WINTER REMINDERS



As we begin to enter winter weather, please remember that it is important for your swimmer to dress appropriately when outside, to eat right and sleep right, and to RECOVER right. With the colder temperatures and an increased likelihood of getting sick, it is essential for all swimmers to take care of themselves. If your swimmer is sick - please DO NOT SEND THEM TO PRACTICE.

## CONGRATULATIONS ISABELLA PROMES

Isabella Promes officially signed with the College of Saint Mary swim team on National Letter of Intent Day on November 8! Isabella will be studying nursing when she begins her collegiate career next fall.

Isabella will be joining SCSC alumnus Addie Miller at CSM.



## PARENT REMINDERS

Per USA Swimming policy and SCSC policy, parents and siblings are NOT allowed on the pool deck or in the locker rooms during practice or at swim meets. Exceptions for this would include when a parent is volunteering or if an emergency circumstance applies (see MAAPP 2.0 policy on website).

If you need to talk to a coach, please do so before or after practice in the stands or send them an email. This also takes away from the coaches' attention from other swimmers and poses as a safety hazard, parents not complying with this will be asked to return to the bleachers, and if the problem occurs multiple times, the parent may be referred to the board of directors.

# UPCOMING MEETS & EVENTS

December 23-27: No Practice

January 1: New Year's Day Swim Challenge for Junior Groups

January 6-7: All Star Meet

January 9: No Practice, High School Meet – All Seawolves Swimmers will be Admitted Free of Charge

January 13-14: MAC Winter Blast @ Millard West High School

January 16: No Practice, High School Meet

January 18: No Practice, High School Meet

January 26: BT Friday Night at The Races @ Brownell Talbot

January 27-28: LSS Winterfest @ Lincoln Southwest High School





## WORDS OF WISDOM: SWIMMER'S LONG TERM SUCCESS

Associate Head Coach Eric Rees

This month's Words of Wisdom will feature a few things to think about for your swimmer's long term success in the sport of swimming.

First, competition is good, however competing too much can also be a bad thing. Your swimmer should be competing once or twice a month. Any more than that, and the competition process begins to get watered down. Swim meets should be a big deal. Your swimmer should be excited to attend meets and should be swimming a variety of events at each meet. While the high school swimmers compete more than this during their season, their meets are different than age group meets. Most of the high school swimmers meets are dual meets and occur during the week (meaning there is no practice that night so the meet takes the place of practice) and the high school swimmers never swim on Sundays which means every week they have at least one day with no practice or school. If your age group swimmer competes three weekends in a row, there is a very good chance they will have had school or swimming for almost a month straight. That is a lot to put on younger swimmers and as coaches you can begin to see the swimmers wear down and lose their excitement for the sport. This is just something to think about when you are trying to decide whether to sign your swimmer up for a meet or not.

Second, Your swimmer's coach may occasionally change some of the events that your swimmer enters in a meet to have them swim events that they have not attempted in a long time or perhaps ever. Once your swimmer is in the junior group, they will be expected to have times in every event in their age group, and yes that would include the mile, the 200 fly and the 400 IM if appropriate. These events should not be feared, but rather be used as an important measuring stick for your swimmer's progress. If your swimmer has questions about their ability to complete an event, it is always appropriate to have them discuss that with their coach. There is a very good chance that their coach will have them complete it in practice prior to attempting the event in a meet to help alleviate some of the anxiety. At the end of the day though, failure is often more beneficial than success in swimming. I have seen far more personal growth come from failure in this sport than I have ever seen from success. Do not be afraid to let your swimmer try and fail, what is always most important is that they pushed themselves.

Finally, practice is really important. I understand that swimmers participate in other sports or activities. I think that is an important part of childhood. What I think is important is to have realistic expectations regarding your swimmer's performance based upon their practice attendance. SCSC recommends 2-3 practices per week for the Seawolves groups, 4 times per week for the Junior group, and 5 for the Senior group. While it is probably unrealistic to think that your swimmer will be able to hit this number every week, that is what our club has determined gives your swimmer the greatest likelihood for success. Your swimmer will probably continue to drop time even if they consistently do not reach their practice attendance goals, but at some point, it will become much more difficult for them to drop and compete at the same level as they did when they were younger. Doing other sports can have a positive impact for cross training, but again, at some point that advantage begins to diminish. Swimming is a very unique sport that it is difficult to effectively train for out of the water. There really is no substitute for being in the water.

# 2024 NEW YEAR'S DAY SWIM CHALLENGE

JOIN US FOR A COMBINED NEW YEAR'S PRACTICE!

## JUNIOR GROUP & MASTERS

MONDAY, JANUARY 1 • 12:40 WARMUPS • 1:00 START

\$10 FEE INCLUDES T-SHIRT • WE WILL TAKE A BREAK HALF WAY  
PLEASE PLAN FOR THIS TO TAKE 2.5-3 HOURS

100 x 100 = 10,000 YDS = 6.06 MILES  
100 x 75 = 7,500 YDS = 4.54 MILES  
100 x 50 = 5,000 YDS = 3.03 MILES

### JUNIORS

100 x 100 on 1:30/1:40

100 x 75 on 1:30/1:40

Registration through emailed  
link. Payment billed directly  
to your account.

*Coaches will place swimmers  
in a appropriate distance/interval*

Register via link in  
email or news section

### MASTERS

100 x 100 on 1:30/1:40

100 x 75 on 1:30/1:40

100 x 50 on 1:30/1:40

Registration & payment  
through emailed link.  
Contact Aidan if you  
did not receive the link.

*Please indicate your preferred  
set in registration.*

QUESTIONS? CONTACT [AIDAN@SARPYCOUNTYSWIMCLUB.COM](mailto:AIDAN@SARPYCOUNTYSWIMCLUB.COM)



# SCSC SWIMMERS YOU'RE INVITED TO THE PLV/PLVS HIGH SCHOOL SWIM MEET VS. BELLEVUE EAST – JAN. 9, 2024



All Seawolves swimmers are invited to attend the Papillion La Vista Swim & Dive high school home meet on Tuesday, January 9 vs. Bellevue East 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

## GOOD LUCK HIGH SCHOOL SWIMMERS!

The 2023-2024 high school swim season began on Monday,  
November 12

Ben Arens  
Danielle Barrera-Bojanski  
Hunter Barrera-Bojanski  
Addie Bigelow  
Bryant Bugarin Salazar  
Evan Carlson  
Bennett Carrico  
Megan Cavanaugh  
Nathan Clasemann  
Evan Click  
Lilly Coleman

Logan Dailey  
Garrett Gehringer  
Miles Graham  
Olivia Hadaway  
Sierra Hanson  
Samuel Lee  
Kyan Lipton  
Jacob Miller  
Kylee Oswald  
Liam Prey

Isabella Promes  
Keira Promes  
Lawton Rees  
Braxton Rees  
Nirvan Satyal  
Amber Sievers  
Oleg Urban  
Nataleigh Vala  
Candace Volker  
Marti Warrior

### A NOTE TO HIGH SCHOOL SWIM PARENTS:

For accounts that have a swimmer participating in high school swimming, please note the following regarding your account. High school swimmer accounts are charged half dues in November. December and January there are no monthly dues. In January/February Janet will be following up on the status of each swimmer's return date to club swimming. Depending on when swimmers return to club will depend on when their billing starts back up. The account will remain active so you will continue to receive club emails.

If your swimmer is wanting to swim at a club meet, meet fees will be added to your club account, however you will not be charged monthly dues.

If you have any questions please contact Janet at [janet@sarpycountyswimclub.com](mailto:janet@sarpycountyswimclub.com).

# SHOP SCSC.COM

## APPAREL ON-DEMAND

ALL APPAREL IS ALREADY IN-STOCK  
AND WILL BE READY FOR PICK-UP  
WITHIN THREE DAYS OF ORDERING



SCAN THE  
QR CODE  
OR GO TO



[SHOPSCSC.COM](https://shopscsc.com)



# WELCOME SALLAY!

Sallay Jangulo, Assistant Coach



## Please help us welcome our newest Seawolves group coach!

Coach Sallay joined the SCSC staff in September 2023 as a Masters team assistant coach, and in November 2023 began coaching the Seawolves bronze groups.

Sallay began her competitive swimming career at the age of seven, with the YMCA, and later swam with Greater Omaha Aquatics. She also swam with the Papillion La Vista/Papillion La Vista South high school team for two years.

Following high school, Sallay currently works at Kids Club. In her free time, she enjoys being with her family and friends, going to concerts and traveling.

*Happy Birthday!*

November 3 – Emma Zavaleta

November 9 - Brielle Henkel

November 14 – Amelia Rancourt

November 20 - Olivia Hadaway  
& Sierra Hanson

December 2 - Taylor Hoeschen

December 4 - Danielle Barrera-Bojanski

December 5 – Alexa Fair

December 14 – Oliver Csipkes  
& Emma Sheehan

December 19 - Liam Prey

December 20 – Eric Rees

December 23 – Victoria Dailey

December 26 – Avery Simms

December 29 – Nataleigh Vela

## THANK YOU VOLUNTEERS!

**November - Nilu Shrestha | December - Flo Palmer**

Congratulations on winning a \$25 volunteer appreciation credit towards practice dues!

## COACHES & STAFF

Nick Baker, Head Coach/Senior Lead Coach

Janet Cho, Team Administrator

Eric Rees, Associate Head Coach

Jeff Daniels, Junior Group Lead Coach

Barb Anderson, Seawolves Group Lead Coach

Riley Olson, Senior Group Assistant Coach

Paige Knight, Senior Group Assistant Coach

Billy Salber, Seawolves & Junior Assistant Coach

Sallay Jangulo, Masters Team Assistant Coach

Danielle Barrera-Bojanski, Junior Coach/Seawolves

## CONNECT WITH US!

Web: [www.sarpycountyswimclub.com](http://www.sarpycountyswimclub.com)

Facebook: @SarpyCountySwimClub

Instagram: @SarpyCountySwim

Twitter: @SarpyCountySwim

