



THE PACK

November 2022
Vol. 4 | Ed.4





COACHES CORNER

Head Coach Nick Baker

Last week during the Trick or Swim Event, Coach Eric and I ran a parent meeting while the kids did their thing in the pool area. This meeting was a great opportunity for us to connect with families, and while we are able to do this a few times each season with the Ice Cream Social and Spaghetti Dinner, last week's meeting allowed us to touch base with families an additional time. At the end of the meeting, we spent some time answering questions that parents had about many different topics. One topic that a parent asked about was nutrition and what swimmers should eat before and during meets. Here is a great template for what a swimmer should eat before, during, and after competition. <https://www.usaswimming.org/docs/default-source/Parent/my-multi-day-meet-nutrition-plan.pdf>. While this isn't the end-all-be-all, it is a great way to make sure your swimmer's body is getting what it needs during competition. As always, if you have any questions, please ask your swimmer's coach and they will be happy to help.

-Nick



UPCOMING MEETS & EVENTS

November 1: Team Photos @ PLHS, 4:30 Individual, 5:30 Team, No Practice
November 5-6: SCSC November Classic @ PLHS
November 6: Daylight Savings Time Ends
November 10: Relay Night!
November 11-12: MAC Senior Finals and Prelim/Finals @ Millard West High School
November 13: Board Meeting @ PLHS - 7:00 PM
November 14: Start of High School Season Swim
November 19-20: HLA Goggle Gobble @ Lincoln Southeast High School
November 23 & 25: All Groups Practice @ 5:30 PM
November 24: Thanksgiving, No Practice
December 1: USA Swimming Registration Deadline
December 4: Cookies & Chlorine @ PLHS Auditorium & South Gym
December 17: Wreaths Across America
December 17-18: CBSC Holiday Classic @ CBSC, Titan Hill Intermediate School
December 23-27: No Practice

December Save the Dates

December 4 - Cookies & Chlorine

December 17 - Wreaths Across America

More information to come!

2023 USA Swimming Registration

USA Swimming Registration for 2023 needs to be completed by December 1, 2022. Parents are now responsible for the registration, please make sure you complete this. SWIMS is still continually being updated, so please be patient with the process.

Next Board Meeting
November 13 @ 7:00pm

All members are encouraged to attend!

Swimming Glossary: Word of the Month
On the Top

Leaving on the :00

On the Bottom

Leaving on the :30



SCSC ISL TEAMS

We will be having a fun night of relays and team building! We will be putting the relays together based on the ISL teams, so we would like everyone to attend. This is not a sanctioned meet, times are not official. Relays will consist of mixed age groups. Senior & Junior groups will warm-up at 5:00-5:20 PM and Seawolves groups will warm-up at 5:20-5:40 PM. Relays will start at 5:45 PM.

In addition to the relays, each ISL team will be decorating their own "houses" for collecting tabs for the Ronald McDonald House Charities Omaha! Please watch your emails for additional information.

We will continue to use the ISL Teams over the course of the season with various activities and continue to score points to the teams. We are still working through the details.

MEET THE COACH

Coach Eric, Associate Head Coach/Juniors



Favorite Food

Club Sandwich

Favorite Animal

Grey Wolves

Favorite Movie

Anything where the underdog wins

Favorite Travel Destination

Disneyworld with my family

Favorite Swimming Stroke

Breaststroke/IM

Why Do You Coach?

It is important to give back to things that are important to you.

Good Luck to SCSC High School Swimmers!

We would like to wish all our high school swimmers good luck on your 2022-2023 high school season! The high school season starts, Monday, November 14!

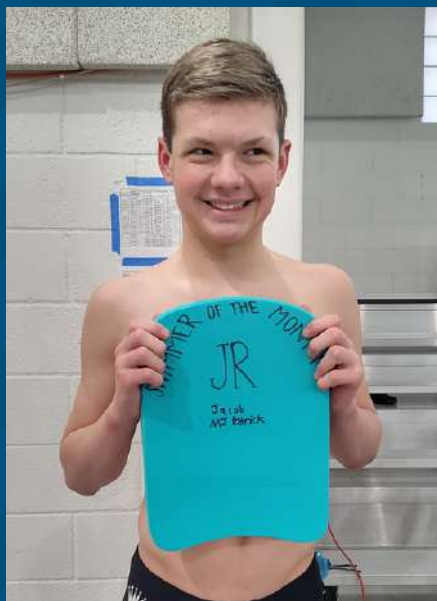
Benjamin Arens, Danielle Barrera-Bojanski, Adeline Bigelow, Megan Cavanaugh, Nathan Clasemann, Evan Click, Noah Doane, Leah Erlbacher, Grace Farrington, Garrett Gehringer, Charlotte Gifford, Miles Graham, Olivia Hadaway, Isabelle Haggard, Julia Henrichsen, Rylie Horner, Madeline Klein, Samuel Lee, Kyan Lipton, Addison Miller, Logan Miller, Kylee Oswald, Anna Podany, Keira Promes, Isabella Promes, Lawton Rees, Olivia Rooks, Juhith Swarna, Grace Swoboda, Oleg Urban, Marti Warrior, and Brielle Wiater

Swimmers of the Month



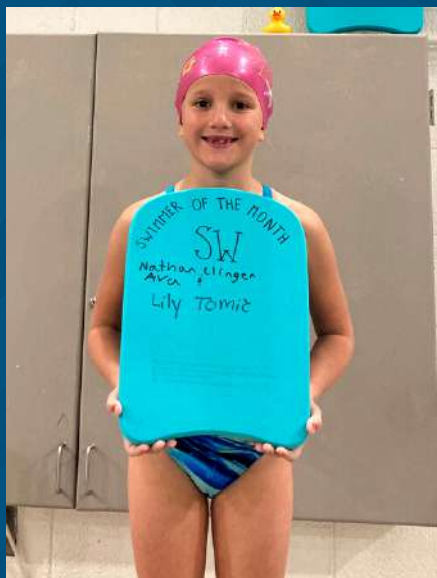
Sam Lee
Senior Group

Sam has had great attendance and a positive attitude since moving up to the Senior Group. He has been working hard and improving each and every practice, and we look forward to seeing what he can do in competition this winter.



MJ Patrick
Junior Group

MJ works hard in and out of the water. He continues to give great effort and always wanting to improve himself. With his hard work and determination, MJ will have another great season of time drops!



Lily Tomic
Seawolves Group

Lily comes to practice every day with a smile on her face and works extremely hard. She is kind and helpful to her teammates, a born leader!

Ronald McDonald House Charities Omaha

We will be having a competition between the ISL teams to raise the most pop tabs for the Ronald McDonald House Charities Omaha. Each team will be building their "houses" at the Relay Night, Thursday, November 10!

For more information on collecting pop tabs for the Ronald McDonald House:
<https://rmhcomaha.org/get-involved/donate-pop-tabs/>

TABBIE CAN DO

RMHC Omaha

HOW YOU CAN PARTICIPATE:

- ✓ COLLECT POP TABS FROM THE TOP OF ALUMINUM CANS
- ✓ BRING THEM TO RMHC AT 620 S 38TH AVE, OMAHA, NE 68105
- ✓ WE RECYCLE THE TABS TO HELP PAY OUR ELECTRICAL BILL!

DID YOU KNOW?!

ONE POUND OF TABS IS ABOUT **1,500 TABS**

1 MILLION TABS END TO END WOULD STRETCH **16.75 MILES**

YOU CAN REACH A MILE WHEN **63,360 TABS** ARE PLACED VERTICAL TOGETHER

✓ NOT ONLY IS IT FUN COLLECTING POP TABS BUT IT TEACHES CHILDREN ABOUT RECYCLING AND THE IMPORTANCE OF PROTECTING OUR ENVIRONMENT
✓ USING THE POP TAB PROGRAM IN CONJUNCTION WITH YOUR MATH PROGRAM. FOR EXAMPLE, HOW MANY TABS WOULD IT TAKE TO EQUAL 2 MILES, OR 8 POUNDS?
✓ CHILDREN CAN DESIGN AND DECORATE THEIR INDIVIDUAL CONTAINERS TO TAKE HOME AND MAKE IT FUN FOR COLLECTING FOR A GREAT CAUSE!

Happy Birthday!

November 1 - Kaleb Miller

November 17 - Charlotte Kelly

November 18 - Hayden Endres

*November 20 - Olivia Hadaway
& Sierra Hanson*

November 26 - Aubrey Fischman

November 27 - Nathan Clinger

THANK YOU VOLUNTEERS!

Congratulations to **Elizabeth Williams** on winning November'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