



# THE PACK

October 2022  
Vol. 4 | Ed.3





# COACHES CORNER

Head Coach Nick Baker

It is officially competition season! Thank you to all of the families that volunteered for our ISL Intrasquad meet. As coaches, we really enjoy the competitive nature of this intrasquad and we made a handful of tweaks this year to make the meet even more fun for our swimmers. Intrasquad meets are a great way for our new swimmers to compete and understand the flow of a meet in a controlled environment. Soon, however, we will begin competing in larger meets. Please be attentive to deadlines, warm up times, etc. as we continue moving forward. If you have any questions regarding meets, please reach out to your swimmers coach.



## UPCOMING MEETS & EVENTS

- October 6: National Coaches Day
- October 14-16: Swim Omaha SwimFest @ Ralston High School
- October 18: Team Pictures @ PLHS, 4:30 Individual, 5:30 Team, No Practice
- October 22-23: Lincoln Select Swimming Spooky Splash @ Lincoln SE High School
- October 28: Trick or Swim, No Seawolves or Junior Group Practices
- October 31: Halloween, No Practice
- November 5-6: SCSC November Classic @ PLHS
- November 6: Daylight Savings Time Ends
- 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 24-26: Thanksgiving, No Practice

## NEW! SCSC TEAM VIDEO

Have you seen our new team hype/promo video, courtesy of team sponsor, [Adrenaline Sports Marketing](#). Check it out below!

<https://www.teamunify.com/team/mwscsc/page/join-scsc>

# 2022-2023 USA Swimming Registration

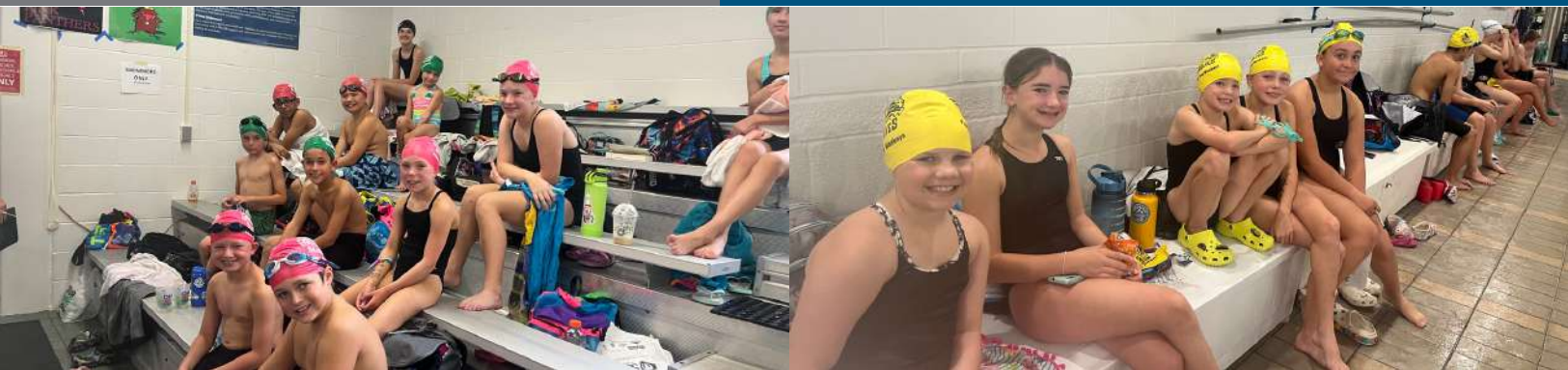
USA Swimming launched the new SWIMS database on September 1! Renewing swimmers and officials will receive registration information in October and will need to complete registration by December 15. SWIMS is still continually being updated, so please be patient with the process.

Next Board Meeting  
**November 13 @ 7:00pm**

All members are encouraged to attend!

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

A self-contained part of the swimming session as 'set' by the coach e.g. a 'main set' might be 10 x 50 yd free



## SCSC ISL INTRASQUAD RECAP

The 2nd annual SCSC ISL intrasquad meet was a success! Many of our new swimmers were able to compete in their first meet, while those returning set new personal best times as we return to short course.

Team Monarch Swimming led by Coach Jeff, took first with a 2 point lead over the 2021 champions, the Fighting Sea Monkeys!

182pts- Monarch Swimming  
180pts- Fighting Sea Monkeys  
171pts- Angry Beavers  
167pts- Pink Panthers  
162pts- Team Kraken



# MEET THE COACH

Coach Danielle, Seawolves Junior Coach



**Favorite Food**  
Pepperoni Pizza

**Favorite Animal**  
Skunks

**Favorite Movie**  
Princess Bride

**Favorite Travel Destination**  
Colorado

**Favorite Swimming Stroke**  
Freestyle

## Why Do You Coach?

I coach because I enjoy teaching a new generation of swimmers and being able to share what I have learned. I love seeing my swimmers improve, learn, and grow as a person and a swimmer.

## SCSC Lolo's Angels Intrasquad Meet

Thanks to the support of our SCSC families, **we raised over \$1,330** in support of Lolo's Angels!

Our swimmers set some great personal best times, and we are looking forward to a great short course season. As of October 1, Midwestern Swimming has not yet set championship cuts for the season. We will update everyone when they do!

Thank you to all of the volunteers and officials who helped make the meet a success, we couldn't do it without you!

We still have a handful of Lolo's Angels t-shirts left for purchase, please contact Janet Cho at [janet@sarpcountyswimclub.com](mailto:janet@sarpcountyswimclub.com)

For more information about Lolo's Angels, please visit [lolosangels.org](http://lolosangels.org)

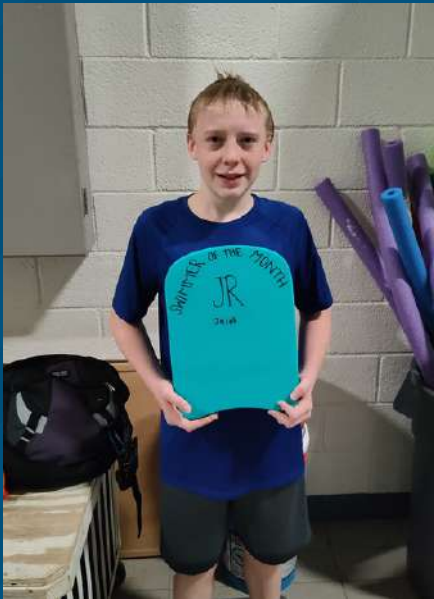


# Swimmers of the Month



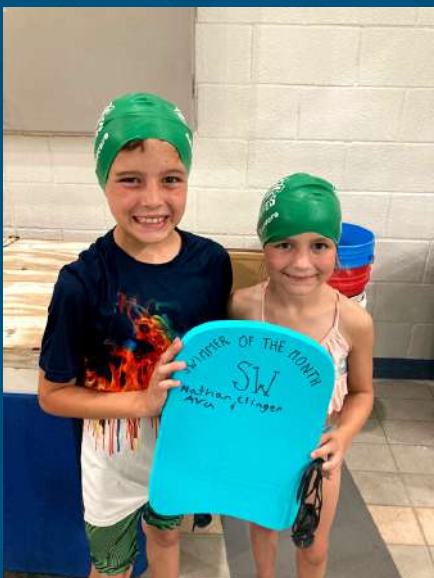
**Anna Podany**  
*Senior Group*

Anna has had great attendance this fall. She is really putting in some good work during practice and we are seeing improvement in her swimming every day. She is a great teammate and we cannot wait to see her drop some time this season.



**Jacob Miller**  
*Junior Group*

Jacob is working hard and continually pushing to improve himself. He has been working hard at every practice. We can't wait to see what Jacob will do this season!



**Nathan & Ava Clinger**  
*Seawolves Group*

Both Nathan and Ava are swimming at the top of their swim groups. Hard work and dedication, continually show up in swim meets as they continue to succeed.

# We Need Your Help!



## Become a certified USA Swimming meet official!

SCSC and Midwestern Swimming are looking for more stroke and turn officials, and we need your help! In order for meets to be successful, we need officials to help ensure the fairness of competition and help it run smoothly.

### WHY SHOULD I BECOME AN OFFICIAL?

1. You have the best seat in the pool!  
“Wet Side” officials are on deck and right next to the pool! No more sitting in the humid, crowded seating areas!
2. Host teams provide you with free admission, heat sheets and hospitality during meets you work!
3. Learn more and become more involved in your child’s sport. Ever wonder why your swimmer was DQ’d? Now is your chance to know and understand why it happened!
4. You’re easy to locate when your swimmer needs concessions money!
5. You can make a difference! Don’t sit in the stands and get a sore back; stand up and be involved with the swimmers, coaches and other volunteers!

### WHAT ARE THE NEXT STEPS?

#### STEP 1

Contact SCSC Team Administrator Janet Cho  
Email: [janet@sarpcountyswimclub.com](mailto:janet@sarpcountyswimclub.com)

#### STEP 2

Contact MWS Officials Chair Debra Pearson  
Email: [dhpjrp@gmail.com](mailto:dhpjrp@gmail.com)

#### STEP 3

Attend a new officials training clinic, and successfully pass the online certification test (open book) with at least an 80% or more.

#### STEP 4

Become a Non-Athlete Member of USA Swimming, complete the background check and Athlete Protection Training. Janet can help you with these steps, and SCSC will reimburse your membership and background check fees.

#### STEP 5

Apprentice four (4) meet sessions with a mentor official at any meets of your choice, with at least two (2) different meet referees.

#### STEP 6

After apprenticing four sessions, send your MWS application for certification to the MWS Official’s Chair.

# Ice Cream Social

In early September, we celebrated our 2022 long course season, and kicked off the 2022-2023 short course season at our ice cream social. We had a great turnout and got to recognize many of our swimmers' accomplishments!

Grace Swoboda was selected as the 2022 April Wylie-Riesberg Memorial Scholarship recipient.



*Happy Birthday!*

*October 6 - Logan Dailey*

*October 11 - Colin Madson*

*October 15 - Callen McAleer*

*October 22 - Olivia Kerschner*

*October 24 - Emmy Henderson*

*October 29 - Jacob Miller*

## THANK YOU VOLUNTEERS!

Congratulations to **Sarah Waldman** on winning October'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](mailto:janet@sarpycountyswimclub.com)

### CONNECT WITH US



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

Facebook: @SarpyCountySwimClub

Instagram: @SarpyCountySwim

Twitter: @SarpyCountySwim

### OTHER RESOURCES

Midwestern Swimming LSC: [www.mwswim.org](http://www.mwswim.org)

USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)