

SARPY COUNTY SWIM CLUB

THE PACK NEWSLETTER

September & October 2023 • Volume 6 • Edition 1



COACHES CORNER

Head Coach Nick Baker

Hopefully everyone is getting back into the swing of things as school and short course season start back up again. Recently, Coach Eric and myself held a parent meeting. I wanted to take this opportunity to summarize much of what was discussed in case anyone was unable to attend.

We spoke about our wish that all swimmers attend at least all SCSC home meets as a minimum, and the process for attending a meet that it not on the SCSC Team Schedule. We reiterated that only registered swimmers and staff may be on deck or in locker rooms, as well as that the fire lane should remain free of cars during drop off an pick up. We also talked about communicating with your swimmers coach if your swimmer is practicing outside of SCSC workouts, as we want to make sure that anything "extra" your swimmer is doing will be worth their while.

We touched on the recommended attendance percentage for each group, and we talked about how weights or dryland are supplemental for swim workouts and not replacements for being in the water. With that being said, if a swimmer has a conflict with swim practice and can only attend weights or dryland on a particular day, that is better than missing workout entirely. The last thing we discussed was the role of being a great team parent - both at home and in the stands - and being supportive of our team by volunteering and having constructive interactions with staff.

Please feel free to reach out to Coach Eric or myself if you have any questions regarding the recent parent meeting.
Coach Nick

PLEASE READ - IMPORTANT INFORMATION



All swimmers waiting to be picked up after practice must wait INSIDE the pool or pool entry area.

This is not a new procedure, it will now be highly enforced by SCSC staff. Swimmers observed waiting outside, or in any area that is not the pool may face disciplinary action, up to suspension from practices. Please remind your swimmer of this.

Parents, siblings and spectators cannot be on the pool deck unless an emergency, specified by the MAAPP policy exists.

This is not a new policy, it will continue to be enforced by SCSC staff. All parents agree to this in our registration, and those repeatedly failing to follow this policy may face disciplinary actions, up to suspension from practices or the team.

SWIMMERS OF THE MONTH- SEPTEMBER



SOPHIE PLUTA
Seawolves Group



AEVAL LARKIN
Junior Group

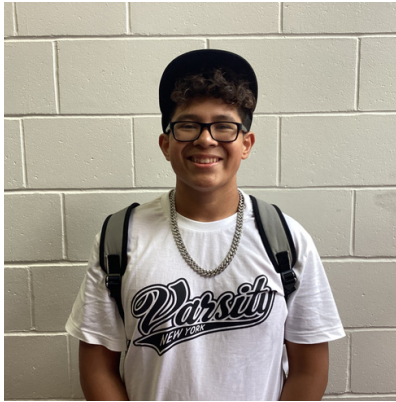


BRAXTON REES
Senior Group

SWIMMERS OF THE MONTH- OCTOBER



EMMA ZAVALETA
Seawolves Group



ERICK MENDEZ
Junior Group



HOPE LOWIS
Senior Group

SWIMMING GLOSSARY: DISQUALIFIED

A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.



JOIN THE SCSC MASTERS!

Learn more at

SARPYCOUNTYSWIMCLUB.COM/MASTERS





MIDWESTERN TOP 8

Congratulations to our Midwestern Swimming Top 8 swimmers who were at the MW Swimposium/MW Awards Ceremony on September 17!

**AJ ARENS • EMMA CHRISTENSON • EVAN CLICK •
TAYLOR HOESCHEN • BRAXTON REES • HARLOW WAGNER**



NEW APPAREL VENDOR – TEAM STORE

Elsmore Swim is our new team apparel vendor! The fall team apparel order closes October 5.

The winter team apparel will be open November 1 - 20.

All apparel + suit orders will be processed in the order received.

Free shipping on all orders over \$69.00.

5% credit given to your team for all online purchases.

Any questions, please contact Tricia at 515-223-4100 or email tricia@elsmoreswim.com.

April Wylie-Riesberg Memorial Scholarship

April Wylie-Riesberg was married to former Seawolves Coach Josh Riesberg in 2011 but lost her fight to leukemia at the age of 21.

Throughout her life and her fight with cancer, April demonstrated a positive attitude and gave her best effort in everything she did. She understood the importance of friendship and hard work in school, sports, and life. In her memory, Sarpy County Swim Club honors one swimmer each year who demonstrates many of these values she held so dear.

EVAN CLICK, 2023 RECIPIENT



SAVE THE DATES!



NATIONAL COACHES DAY

COOKIES & CARD WRITING DAY - OCTOBER 5, 2023
NATIONAL COACHES DAY - OCTOBER 6, 2023

TRICK OR SWIM

Relays • Games • Photobooth • Treats & Fun!
OCTOBER 30, 2023 | TIME TBA • NO COST



SCSC NOVEMBER CLASSIC

All SCSC swimmers should swim in this home meet!
NOVEMBER 4 & 5 | SIGNUP ON TEAMUNIFY

RELAY NIGHT

Earn points for your SCSC Cup team, swim fun relays (all team event)
NOVEMBER 9, 2023 | TIME TBA • \$5

There will be no practice this night. The relay night will take place of practice. The \$5 charge includes a bag tag, prizes and treats! All athletes must RSVP by the event signup deadline. Unlike in previous years, swimmers not signed up will not be able to participate in relays.



USA SWIMMING REGISTRATION UPDATE

For all returning SCSC/USA Swimming members, the team is going to bulk renew all athletes for 2024 USA Swimming athlete memberships.

The \$80 USA Swimming Registration Fee will be added to your November 1 bill.

Contact Janet Cho if you have any questions.

UPCOMING MEETS & EVENTS

- October 1: Registration Deadline for SO Fall SwimFest Meet
- October 5: Last Day to Order Fall Team Apparel from Elsmore Swim
- October 5: Registration Deadline for BT Friday Night at The Race Series & LSS Spooky Splash Meets
- October 5: National Coaches Day - Cookies & Card Writing @ Practice
- October 6: National Coaches Day
- October 6: Deadline for SST Pumpkin Pentathlon
- October 13: Registration Deadline for SCSC November Classic Meet
- October 13-15: Swim Omaha Fall SwimFest @ Ralston High School
- October 20: Brownell Talbot Friday Night at The Races Series @ Brownell Talbot
- October 21-22: Lincoln Select Swimming Spooky Splash @ Lincoln SE High School
- October 23: Team Pictures @ PLHS, 4:30 Individual, 6:00 Team, No Practice
- October 29: SST Pumpkin Pentathlon @ Denison Aquatic Center, Denison, IA
- October 30: Trick or Swim, No Seawolves or Junior Group Practices
- October 31: Halloween, No Practice
- November 4-5: SCSC November Classic @ PLHS
- November 5: Daylight Savings Time Ends
- November 5: Registration Deadline for SCSC Relay Night
- November 9: SCSC Relay Night, No Practice
- November 10-11: MAC Senior Finals and Prelim/Finals @ Millard West High School
- November 12: Board Meeting @ PLHS - 7:00 PM
- November 13: Start of High School Season Swim

MEET THE BOARD

Jeanie Taake, President



FAVORITE FOOD

Indian

FAVORITE ANIMAL

Cat

FAVORITE MOVIE

Pulp Fiction

FAVORITE TRAVEL DESTINATION

France

FAVORITE SWIMMING STROKE

Backstroke

FAVORITE PART ABOUT WORKING WITH THE SEAWOLVES

I enjoy working with the team that provided my daughter so many opportunities.



WORDS OF WISDOM: SUIT SIZING

Associate Head Coach Eric Rees

The temptation as a parent is to buy clothing a size too big so that our kids have time to grow into what we buy. There is nothing more frustrating than having one of your children immediately hit a growth spurt right after you have purchased a lot of new clothing for them. While I think in life that rule is a good one to live by, having been on the wrong end of it a few times, when buying a racing suit you need to resist this temptation.

Each company has a sizing chart on their website and those generally provide good guidance. You can verify the measurements using a soft tape measure. The sizing charts will give you references as to where those measurements should occur. For boys, resist the temptation to just use their waist size for pants as the measurement because the suit will fit differently than pants.

Suits that are too big will be wrinkled and baggy. Women's suits will also scoop at the neck while holding a streamline position, the straps can be raised off of the shoulders easily, and the open part of the suit back can lift off of the skin. All of these conditions will increase the drag the suit causes in the water. In all situations we are looking to reduce drag as much as possible, so none of these conditions is desirable.

A suit that is too small hurts while it is on, restricts or limits your swimmers athleticism or range of motion, can restrict breathing, and can limit circulation. A suit that is too small will be a struggle or challenge for your swimmer to put on. For girls, the straps on the suit will often cut or "burn" the shoulders. A suit that is too small is probably more detrimental than a suit that is slightly too big.

Suits that fit correctly should be comfortable. It should be challenging to fit 2 fingers under the fabric in any spot where there is elastic. Be sure to avoid wrinkles or bulking as this is a sign that the suit is too big.

A word of caution, sizing varies between the individual brands, so some swimmers will wear different sizes of suits depending on the brand of suit. It may take a time or two to find the size and brand of suit your swimmer is comfortable with.

Finally, practice suits can be a little baggy and it is not the end of the world. Racing suits should fit snugly for maximum performance. I would recommend getting a new racing suit every season. As the suits are worn, they do stretch out over time and will not perform as well. For 13 and over swimmers, they may compete in tech suits. Our 12 & under swimmers are prohibited from competing in tech suits by USA Swimming, so if your swimmer is 12 or under, please verify the suit is approved for 12U prior to ordering the suit. There are two fairly easy ways to tell if a suit is 12U approved. First, it should have a white box with a green checkmark on it. Second, the seams for the suit are on the outside of the suit.

Please remember, the Seawolves team suit is an entirely black suit, so please only order black suits for competition suits. If you have any questions at all, please do not hesitate to ask one of your coaches.



FIGHTING SEA MONKEYS RECLAIM THE CHAMPIONSHIP TITLE!

- 1ST PLACE — FIGHTING SEA MONKEYS, 173 POINTS
- 2ND PLACE — MONARCH SWIMMING, 170 POINTS
- 3RD PLACE — TEAM KRAKEN, 158 POINTS
- 4TH PLACE — CHARGING BULLS, 133 POINTS
- 5TH PLACE — ANGRY BEAVERS, 116 POINTS
- 6TH PLACE — PINK PANTHERS, 94 POINTS

LEARN MORE & VIEW THE EVENTS AT
SARPYCOUNTYSWIMCLUB.COM/SCSC-CUP



DON'T FORGET TO SAVE YOUR POP TABS!

EVERY POP TAB COUNTS!

Save your pop tabs, encourage family and friends to save theirs! Each team has a pop tab deposit container in the pool where your swimmer can deposit pop tabs towards their teams' weight. The pop tab drive earns points for your team's overall score. All tabs will be donated to the Ronald McDonald House Charities in Omaha.



DIVE INTO GREATNESS WITH SCSC!

Support the Seawolves by becoming a member of the

HOWLING PACK

\$25 Donation + Includes SCSC Car Decal

How do sponsors & donors support the team?

Through the generous support of our families, sponsors, donors and through fundraising, we are able to provide swimmers with unmatched equipment, education and opportunities to help develop all swimmers both in and out of the pool! Previous purchases made with the support of our sponsors include:

Training Equipment

- Replace worn-down kickboards
- Additional fins and paddles
- Tempo trainers
- In-water, instant feedback headsets
- Resistance cords & more!

Dryland Equipment

- Lat pull down machines & weights
- Medicine balls
- Slam balls
- Ab rollers & more!

Other

- Assists in providing reduced costs to outreach members
- \$500 Senior Scholarship
- Team social activities
- Swimmer recognition & more!

Happy Birthday!

September 4- Xander Roth & Emma Christenson

September 6- Keira Promes

September 13- Ryan Baker & Emerson Jacque

September 18- Aidan Cho

September 19- Harper Lierz

September 22- Isabella Williams

October 3- Bryant Bugarin Salazar

October 6- Logan Dailey

October 7- Beverly Zavaleta

October 15- Callen McAleer

October 20- Piper Bruhn

October 22- Olivia Kerschner

October 29- Jacob Miller

THANK YOU VOLUNTEERS!

September - Alexis Dailey | October - Lynn Bojanski

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
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Twitter: @SarpyCountySwim

