



# THE PACK

September 2022  
Vol. 4 | Ed.2





# COACHES CORNER

Head Coach Nick Baker

Welcome back! We hope that everyone had a relaxing break and ready to get back into the pool. The meet and practice schedules have been posted to the website, and any time that there is a change to the schedule it will be communicated to you as quickly as possible.

Also, know that if you ever have questions or concerns regarding your child's swimming or the team in general, feel free to reach out to their coach. All of our coaches are more than happy to speak with parents as long as a time to do so is set up beforehand.

Looking forward to a great Short Course Season!



## UPCOMING MEETS & EVENTS

- September 1: USA Swimming Registration Opens (New Swimmers)
- September 5: No Practice - Labor Day
- September 6: No Practice for Seawolves Groups
- September 12: Ice Cream Social, No Seawolves or Junior Group Practices
- September 18: SCSC ISL Intrasquad @ PLHS
- September 23-25: MW Athlete (Ryan Lochte) and Coach (Steve Lochte) Clinic @ Brownell Talbot
- September 26: SCSC Lolo's Angels Intrasquad @ PLHS, No Practice
- 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

## NATIONAL COACHES DAY IN OCTOBER

Let's celebrate our AMAZING coaches on National Coaches Day October 6! Watch your emails for more information!

# 2022-2023 USA Swimming Registration

USA Swimming will launch the new SWIMS database on September 1! New swimmers will receive an email on September 1 with details on completing the USA Swimming registration. Registration deadline for new swimmers is September 5.

Renewing swimmers and officials will receive registration information in October and will need to complete registration by December 15.

## Board Meetings

November 13, 2022 @ 7:00pm

February 12, 2023 @ 7:00pm

May 7, 2023 @ 7:00pm

August 13, 2023 @ 7:00pm

## Swimming Glossary: Word of the Month **Easy**

Usually swim down or warm up, a slow easy stroke focusing on stretching out the stroke and warming up or down.

## SCSC REWIND: SEPTEMBER 25, 2021

On September 25, 2021, The Fighting Sea Monkeys coached by Coach Eric Rees, won the first ever SCSC ISL Meet!

Can Coach Eric win the SCSC ISL for a second year in a row or will Team Kraken (Coach Baker), Monarch Swimming (Coach Jeff), The Angry Beavers (Coach Barb) or Aqua Panthers (Coach Riley) come out on top this year?!? September 18 a winner will be determined! Good luck to the coaches and their teams!

<i>The Fighting Sea Monkeys</i>	
Coach Eric	
Xander Roth	
Kyle Kerekes	
Logan South	
Andrew Storms	
Erick Mendez	
Jacob Miller	
Liam Prey	
Braxton Rees	
Angel Hernandez	
Logan Miller	
Noah Doane	
Eve Beatty	
Sawyer Poston	
Lila Pettit	
Monica Valdez Fuentes	
Alexa Vicek	
Sierra Hanson	
Aubrey Meyer	
Avery Thomas	
Avery Storms	
Cassidy Sokolewicz	
Addisyn Storms	
Teresa Cavanaugh	
Charlotte Gifford	
Reese Meyer	
Eli Haan	



# Olympic Training Center Trip Recap

What a great trip! During the first week of August, only one day after the MWS Long Course Championship, 18 SCSC swimmers loaded into vans on the way to the Olympic Training Center in Colorado Springs, CO!

During the five day trip, our swimmers participated in six in-water practices, two dryland-practices and got to live and eat like Olympians. The team stayed onsite in the OTC dorms, and enjoyed amazing food from the OTC dining hall.

Throughout the trip, the team was also able to visit the US Air Force Academy, explored Garden of the Gods, ate at In-n-Out, shopped and dined in downtown Manitou Springs and made memories for a lifetime!



# MEET THE COACH

Coach Nick, Head Coach/Senior Lead Coach



## **Favorite Food**

Spicy Chicken Wings

## **Favorite Animal**

Panda

## **Favorite Movie**

Dumb and Dumber

## **Favorite Travel Destination**

Colorado

## **Favorite Swimming Stroke**

ALL!

## **Why Do You Coach?**

To give back to the sport that has given so much to me.

## **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.

The scholarship winner will be announced at the Ice Cream Social on Monday, September 12, 2022. This \$300.00 scholarship will be used to offset the recipient's SCSC swim dues (it cannot be used to pay for USA Swimming dues, meet fees, or equipment purchases).

The SCSC Coaches will make the selection based on the following criteria:

- Essay
- Demonstration of team unity and leadership
- Individual effort and attendance
- Respect for coaches, teammates, and competitors

Google Form link: [https://docs.google.com/forms/d/e/1FAIpQLSdFw8ccdXTkK5ej\\_JJ-2WmcOZprq8jjby1G60CIN6o-Z4JsKw/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSdFw8ccdXTkK5ej_JJ-2WmcOZprq8jjby1G60CIN6o-Z4JsKw/viewform?usp=pp_url)

**Deadline is Monday, September 5, 2022.**

# Swimmers of the Month



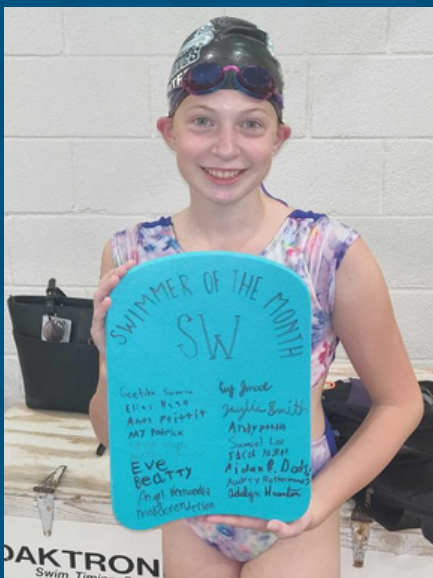
**Addie Bigelow:**  
*Senior Group*

Addie has done a great job. She is a fantastic teammate and has very good attendance. Each practice, she finds a way to become a better swimmer. She is very aware of what she needs to do in order to improve, and asks for feedback often.



**AJ Arens**  
*Junior Group*

AJ has been working hard on his strokes and has improved his kick tremendously this past season. Keep up the hard work AJ!



**Addy Huerter**  
*Seawolves Group*

Addy worked really hard this past season and improved her breaststroke. Addy has a positive attitude at every practice. Good luck this season Addy!

# 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 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.

# SAVE THE DATE!

Join us for ice cream and awards as we celebrate the 2022 long course season and kick off the 2022-2023 short course season!

This free event is open to all swimmers and their families, but we ask that you RSVP ahead of time so we have enough ice cream and signup to bring a topping or help serve if you can.

<https://www.signupgenius.com/go/10c0e4cada92ca1f8c61-icecream1>

*Ice Cream Social & Awards*



**Monday  
September 12** | **6pm  
PLHS Cafeteria**

Join us for ice cream and awards as we celebrate the 2022 long course season and kick off the 2022-2023 short course season!

*Happy Birthday!*

*September 3- Erin Rhoades*

*September 4- Madeline Klein  
Emma Christenson  
Xander Roth*

*September 6- Keira Promes*

*September 8- Charlotte Gifford*

*September 10- Sophia Gamboa*

*September 13- Ryan Baker*

*September 19- Harper Lierz*

*September 21- Logan Miller  
MJ Patrick*

*September 22- Isabella Williams*

## THANK YOU VOLUNTEERS!

Congratulations to **Robin Arens** on winning September'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)