



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 11

10/11/2018

Welcome to the 2018-19 Season

A Note from Coach Ron, Head Coach/CEO

I would like to welcome all new and returning Sandpiper families to the 2018-2019 season! After a successful 2018 season, we are looking forward to another season of training, improving, and fun! The end of the 2018 season also marks the official halfway point to the 2020 Olympic Games in Tokyo. I am beyond excited to see this teams rentless hardwork and commitment continue to pay off.

There are plenty of things to look forward to this season including swim meets and team functions. The *Pumpkin Invitational* is right around the corner. Our annual October hosted meet is your last chance to qualify for the *Nevada State Championship* in November. The Nevada State meet will be in town this year, held at Heritage Park in Henderson.

In December, the Sandpipers will be hosting two different meets on the same weekend: *Las Vegas Super Finals Invite* and the *Winter Rock the Block Championship*. Please check with your coach to see which meet you should be signing up to compete in.

In addition to our hosted December meets, several Senior teammates will compete at the *Winter Nationals* meet in Greensboro, North Carolina. This meet is the first opportunity for athletes to qualify for the 2020 Olympic Trials.

After the holidays, our season continues with a dual meet versus Canyons Aquatic Club on January 26-27. This will be a unique opportunity

for the team to race head to head with a similar caliber club.

In February, our annual team banquet will take place with *Desert Champs* following two weeks after.

The season closes out with the *SCS 14-U Junior Olympics* in Pasadena, California. For a full list of swim meets, including meets beyond Spring 2018, please refer to the Sandpiper website.

Looking forward, the *2020 US Olympic Trials* are fast approaching. In 2008, the Sandpipers sent one swimmer to Olympic Trials, five in 2012, and 10 in 2016. The team's goal for the 2020 Trials is to send TWENTY!

In my 25 years as Head Coach, I have seen a lot of changes in the area and in the swimming community. There is always work to be done, but whether its hiring great coaches and staff, or finding new ways to out work the competition, I am confident in our team's willingness to do whatever it takes to be the best. The next two years will be a lot of fun for the Sandpipers of Nevada.

Thank for your continued support of this team.

Sincerely,

Coach Ron
#20in20

UPCOMING EVENTS

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- **Pumpkin Invite**
Oct. 19-21 / Pavilion Center
Hosted by *Sandpipers*
- **November Rock the Blocks**
Nov. 2 / Desert Breeze
Hosted by *Sandpipers*
- **Nevada State Meet**
Nov. 9-12 / Heritage Park
Hosted by *BCH*
- **Winter Nationals**
Nov. 28-Dec. 1 / Greensboro, NC
Hosted by *USA Swimming*
- **Las Vegas Super Finals Invite**
Nov. 29-Dec. 2 / Pavilion Center
Hosted by *Sandpipers*
- **Winter RTB Championship**
Dec. 1-2 / Desert Breeze
Hosted by *Sandpipers*
- **KMSC Pro-Am Classic**
Dec. 13-16 / Lewisville, TX
Hosted by *KMSC*
- **Dual Meet vs Canyons**
Jan. 26-27 / Pavilion Center
Hosted by *Sandpipers*
- **Team Banquet**
Feb. 2 / Santa Fe Hotel & Casino
- **Desert Champs**
Feb. 16-18 / Heritage Park
Hosted by *BCH*
- **February Rock the Blocks**
Feb. 22 / Desert Breeze
Hosted by *Sandpipers*
- **SCS 14&U JOs**
March 14-17 / Pasadena, CA
Hosted by *ROSE*
- **March Rock the Blocks**
March 22 / Desert Breeze
Hosted by *Sandpipers*

INTRODUCING THE BODYLINE SWIM SHOP GYM

Sandpipers Taking Advantage of Unique Dryland Opportunity

Dryland training is essential to developing strength, athleticism and stability in swimming; it develops power unmatched by training done in the pool and is a vital component of injury prevention. For years, the Sandpipers of Nevada have utilized dryland training alongside swim practice on the pool deck or around the facilities. There's no doubt that dryland training has helped with our swimmer's success but as a growing swim club, we are always looking for new ways to elevate our training.

Bodyline Swim Shop has opened a gym dedicated to dryland training. Located next door to the store, the gym is equipped with state-of-the-art training equipment including two TRX rigs, a Jacobs Ladders, Air-Dyme Bikes, turf space for free movement exercises and more.

Currently, our National Age Group, Senior, and National groups are the primary users of the gym under the direction of Coach Zo, the Sandpipers Strength and Conditioning Coach. As a former athlete himself and with an extensive background in kinesiology, Coach Zo has a wide range of knowledge and experience when it comes to creating and implementing dryland programs for swimmers of all ages and abilities. With the new gym, he will be able to help all swimmers advance their training in a safe and fun way. Check it out next time you are at the Bodyline Swim Shop!

Bodyline Swim Shop

4460 S. Durango Drive STE A

Las Vegas, NV 89147



LOOKING TO GET MORE INVOLVED IN SWIMMING? BECOME AN OFFICIAL!

Sandpiper Officiating Program Trains **10 New Officials** Since Implementation

Calling ALL Sandpiper parents and family members! Are you interested in receiving...

- ✓ Full credit for all volunteer hours for the year?
- ✓ Credit against monthly Sandpiper invoices?
- ✓ Reserved parking at all Sandpiper meets?
- ✓ Free food during Sandpiper meets?
- ✓ And the best seats in the house to watch races?

If so, become a certified Swim Official for Sandpiper Meets and/or Rock the Block Meets!

The team is launching a new and improved **Parent Official Program**. Flexible scheduling is available for both training and meets. Training is even available during our regular practices! Adding new officials is incredibly important to the growth of the Sandpipers Team and our ability to offer more Sandpiper hosted meets. **No experience** as an official or as a competitive swimmer is necessary.

Call or Email Daniel Dolan at (619) 654-0000 or daniel@danielgdolan.com for more details.

Still not convinced? See what other parents enjoy about being an official!

"Front row seat."

"Too cheap to pay for heat sheets."

"I wanted to DQ my kids."

For up-to-date news, event information and more, visit the team website: www.sandpipersofnevada.com

TEAMMATES SELECTED FOR TEAMS & CAMPS

Several Sandpipers have been selected to various teams, invited to camps or received national recognition for their achievements. Congratulations to the following Sandpipers for being honored:

- **Scholastic All-Americans:** USA Swimming honors athletes who excel both in the classroom and in the pool through its *Scholastic All-American* program. For athletes to apply, they must: 1) be in high school, 2) earn a 3.5 unweighted GPA or higher AND 3) achieve a Winter Junior National qualifying time. Congratulations to the following SIX Sandpipers for earning this honor: **Chloe Freeman, Caleb Gould, Gavin Gould, Sawyer Grimes, Joseph Gutierrez** and **Victoria Gutierrez**.
- **SCS Diversity & Inclusion Camp:** Congratulations to Senior 2's **Jonathan Alvarez** for being selected to SoCal Swimming's Annual *Diversity & Inclusion Camp*. Alvarez earned his spot on the roster by achieving SCS Blue times. He will spend a weekend in Commerce, California with 48 other 13-15 year olds, swimming and doing community outreach with Olympic Gold Medalist Cullen Jones.
- **National Select Camp:** Every year, USA Swimming invites the top 48 14-15 year-old girls and the top 48 15-16 year-old boys to participate in the *National Select Camp*. Congratulations to **Chloe Freeman** and **Dylan Becker** for being selected to this year's camp! Freeman and Becker will spend a weekend training and being educated by the nation's top coaches at the Olympic Training Center in Colorado Springs.

PRACTICE FACILITY EXPECTATIONS

It is important to remember that we are guests at all of the pools we swim out of. All Sandpiper families must be respectful of the staff, of other patrons using the facility, and of the facility itself. Please clean up after yourself in every area of the facility and pick up any water bottles and equipment. Keep in mind that locker rooms are for changing only and not a place to hang out. Specifically, at Desert Breeze, swimmers and parents are not to hang out in the lobby of the community center next door or use the Family Changing room unless you're using it for its intended purpose.

For a full list of facility and locker room rules, please refer to the Team Policies document under the '[Parents](#)' tab on the Sandpiper website.



For up-to-date news, event information and more, visit the team website: www.sandpipersofnevada.com

TEAM RECORD UPDATE

64 Team Records Fall at Summer Championships; 2018 Team Total to 127

Phillips 66 National Championships – [LCM]

Erica Sullivan: 17-18 & Senior 800 Free – 8:26.98, 1500 Free – 16:02.88, 200 Back – 2:14.45

Carter Grimes: Senior 200 Back – 2:02.63, 200 Fly – 2:00.19, 400 IM – 4:21.45

Cody Miller: Senior 100 Breast – 59.77, 200 Breast 2:10.59

Logan Houck: Senior 800 Free – 7:54.80

SCS Summer JO's (RAA) – [LCM]

Katie Grimes: 11-12 100 Free – 1:00.36, 200 Free – 2:06.68, 400 Free – 4:26.96, 50 Back – 32.34, 100 Back – 1:05.99, 200 IM – 2:24.84

Audrey Yu: 13-14 50 Free – 26.99

Bella Sims: 13-14 100 Free – 59.08

Paige Kuwata: 13-14 200 IM – 2:20.57

Caleb Kattau: 10-U 100 Free – 1:06.09

Shivansh Singhal: 11-12 100 Free – 1:00.33, 50 Back – 30.95, 100 Back – 1:06.28, 50 Breast – 35.44, 100 Breast – 1:14.72, 200 IM – 2:19.77

Brice Barrieault: 13-14 200 Free – 2:00.05, 800 Free – 8:37.11, 100 Fly – 59.49, 200 Fly – 2:11.52

Women 13-14 200 Free Relay: P. Kuwata, B. Sims, K. Francis, A. Yu – 1:50.70

Women 13-14 400 Free Relay: B. Sims, K. Francis, P. Kuwata, A. Yu – 4:00.73

Women 13-14 800 Free Relay: B. Sims, K. Francis, A. Yu, p. Kuwata – 8:44.19

Women 13-14 200 Medley Relay: A. Yu, P. Kuwata, O. Barber, B. Sims – 2:07.63

Men 10-U 200 Medley Relay: J. White, G. Manteufel, C. Kattau, C. Phiifer – 2:28.89

Men 11-12 200 Free Relay: S. Singhal, L. Ellis, J. Malmquist, V. Hoffmann – 1:56.81

Men 11-12 400 Free Relay: L. Ellis, J. Malmquist, V. Hoffmann, S. Singhal – 4:11.99

Men 13-14 800 Free Relay: T. Miller, R. Park, D. Bauman, B. Barrieault – 8:23.79

NCSA Summer Championships – [LCM]

Reese Hazan: 15-16 200 Back – 2:14.86

Nick Becker: 17-18 200 Back – 2:03.20, 17-18 & Senior 100 Back – 58.19

David Miller: 17-18 & Senior 100 Fly – 56.06

Men 17-18 200 Medley Relay: S. Grimes, J. Gutierrez, D. Miller, N. Becker – 1:52.26

Men 17-18 & Senior 400 Free Relay: N. Becker, B. Gravley, S. Grimes, J. Gutierrez

Men 17-18 & Senior 800 Free Relay: S. Grimes, J. Gutierrez, N. Becker, B. Gravley

Arena Western Zone Senior Championship – [LCM]

Katie Grimes: 11-12 800 Free – 9:10.84 ****SCS RECORD****, 1500 Free – 17:30.78 ****SCS RECORD****, 200 Back – 2:22.15

Paige Kuwata: 13-14 200 Fly – 2:15.63, 400 IM 4:55.27

Audrey Yu: 13-14 100 Free – 58.23, 13-14 & Senior (tied) 50 Free – 26.64

Women Senior 400 Free Relay: V. Gutierrez, B. Sims, E. Breslin, A. Emery – 3:58.83

Pan Pacific Swimming Championships – [LCM]

Erica Sullivan: 17-18 & Senior 800 Free – 8:26.27

DSS September Invite – [SCY]

Katie Grimes: 11-12 200 Free – 1:54.16, 1000 Free – 10:12.45 ****SCS RECORD****, 100 Back – 59.46, 400 IM – 4:29.09

FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



www.facebook.com/SandpipersofNevada



@sandpipersofNV



@sandpipersofNV

SANDPIPERS REPRESENT TEAM USA

Gravley, Sullivan & Aitken Contribute on the International Stage

The Sandpipers of Nevada made their presence felt internationally last month as we represented Team USA at two different international competitions. At the *Pan Pacific Championships* in Tokyo, Japan, **Erica Sullivan** made her National Team pool debut in the 400, 800 and 1500m Freestyle events. Erica swam to a best time and new team record in the 800 Free, which was good enough for a 5th place finish.

A couple weeks later, **Sullivan** was joined by **Brennan Gravley** for the *FINA Open Water Junior World Championship* held in Eilat, Israel. Individually, Brennan raced an extremely close race in the 10K, finishing in 4th place. Sullivan added a 5th place finish in the women's 10K. Sullivan and Gravley then teamed up with two other teammates and took home the silver medal in the Team Pursuit event. When the dust settled, with **Coach Ron Aitken** at the helm, Team USA won its first ever World Junior Championship title.



TWO NEW ADDITIONS TO THE SANDPIPERS STAFF

The Sandpipers of Nevada would like to welcome Felicia Zamora and Janelle Nguyen to the Sandpiper of Nevada coaching staff!

Felicia Zamora is our newest coach but comes with a wealth of experience. She graduated from California State University, Bakersfield (CSUB) in 2017 with a degree in kinesiology where she also swam. During her swimming career at CSUB, she was a four-year letter-winner and earned All-Western Conference Honors during her junior year. She later joined the CSUB swimming and diving coaching staff in the summer of 2017.



Janelle Nguyen is the new Bodyline Swim Shop manager. She graduated from the University of Nevada, Las Vegas in 2017 with a degree in Hospitality Management. She swam for the Lady Rebels where she was team captain her senior year and served as Vice President for UNLV SAAC (Student Athlete Advisory Committee). Janelle was recently appointed to the USA Swimming Athletes' Executive Committee where she serves as the Programming and Events Chair.



Make sure to give Felicia and Janelle a warm welcome to the Sandpiper Family!

TO DRINK OR NOT TO DRINK CHOCOLATE MILK POST WORKOUT?

An Update to Last Month's Article, Courtesy of Tracey Philippi - Team Nutritionist

An excerpt from Tracey's article:

Athletes who have been through my nutrition and blood testing program already know how I am going to answer the question about drinking chocolate milk post workout and the answer is no! Over the past 12 years I have seen hundreds of athletes benefit from pulling dairy from their diet or at least minimize their consumption. **One athlete is Cody Miller.** I first evaluated Cody 7 years ago and blood tested him. He was flagged for a sensitivity to whey, which is one of the protein components in milk. By replacing dairy with other nutrients that are easier to digest, and less inflammatory, Cody was able to tap into his genetic potential through lessening the inflammatory response to the milk protein, increase his protein synthesis, and maximize his performance and recovery gains.

The bottom line in sport nutrition is to consume nutrients that do not cause one to have an inflammatory response, are easily digested and out into the system quickly. This is crucial in supporting performance and recovery. In my sports nutrition practice half the athletes I have tested have been flagged for milk sensitivities, whether casein, whey or both. This is bad! Like the old saying goes, "One man's food may be another man's poison."

In sports nutrition the post workout recommendations are a 4:1 ratio of carbohydrate to protein replacement. Listed below are my top recommendations that have helped hundreds of individuals maximize their performance and recovery gains. I explain to athletes why mess around with chocolate milk when there are much better options to improve protein synthesis, easier on the GI process (digestion), and do not cause the problems that one can have with milk.

Highly recommended reading! The full article is available in the 'Swim Faster' Tab on the team website.

SERVICE HOUR REQUIREMENT CHANGES

A Message from the Volunteer Team

With the start of the new Swim Year, there have been updates to the Service Hour Agreement:

24 service hours are required for the 2018-2019 Team Year

*12 hours required for the short course season, August-February, unmet hours billed on March 1.

*12 hours required for the long course season, March-July, unmet hours billed on August 1.

Stroke School groups are exempt from service hours unless competing in a meet. For Sandpiper hosted meets, if timing positions are not filled online through the meet job sign up, they will be assigned to swimmers entered in the meet. If you cannot complete the job, it is your responsibility to find a replacement or notify the Volunteer Team at sandvolunteerteam@gmail.com. A \$50 no-show fee will apply if the position is not filled, unmet service hours are billed at \$25 per hour.

Volunteer Needs

Please watch for "Training" positions listed under job sign ups at the Pumpkin Meet if you are interested to train and learn how to Run the CTS Timing System, Admin/Computer, Meet Director Rolls.

- **CTS Operator** – In charge of operating the Colorado Timing System. Works hand in hand with meet administration
- **Announcers** – At home hosted meets we are always looking for volunteers to fill this crucial roll
- **Hospitality Worker** – Looking for volunteers to work in the Hospitality room during swim meets. If you have any connections to local restaurants to help feed our Coaches and Officials at meets, please contact us

The complete list of Volunteer job descriptions can be found in the '[Parents](#)' tab on the team website