



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 8

4/2/2018

14-U SANDPIPERS SHINE AT SOCAL JOS

Eleven Team Records Fall en route to an 8th Place Finish

Twenty-four Sandpipers competed at the 14 & Under Short Course JO Championships held in Pasadena, California on March 15-18. The team took on the mantra of small but mighty with an overall team finish of 8th place compared to last years 17th finish!

Arabella Sims set the meet on fire from Day 1 setting five new 11-12 individual team records! The records included the 100, 200 and 500 Freestyles, 100 Butterfly, and 200 IM. The 500 Free and 200 IM led to 1st place finishes at the meet.

Not to be out done, **Paige Kuwata** won the 1650 Freestyle and **Katie Grimes** finished 2nd in the 11-14 age group. Katie's time set a new Southern California Swimming record for the 11-12 age group in the 1650 Freestyle! In addition, Grimes also set the team record in the 1000 Freestyle.

Grimes and **Sims** teamed up with **Emma Fields** and **Arianna De Luna** to set a team record in the 11-12 400 Free Relay and take 1st in the event.

The trio of **Grimes, Sims** and **De Luna** added **Allyson Reese** on the 200 Free Relay to take the goal medal and set another team record!

On the boys side, **Shivansh Singhal** set two team records in the 50 & 100 yard backstrokes. In addition, there were countless best times and new qualifying standards achieved.

Additional Sandpipers point scorers included **Olivia Barber, Brice Barrieault, Devin Bauman, Luke Ellis, Kamika Francis, Jayden Kim, Leah Kirkman, Gabriel Manteufel, Thomas Miller, and Audrey Yu.**

The overall standings saw a 705.5 point improvement compared to last years finish! Next year we hope to place even more swimmers at Southern California's fastest age group meet!

UPCOMING EVENTS

• • •

- **Long Course Intrasquad**
April 15 / Pavilion Center
Hosted by *Sandpipers*
- **April Rock the Blocks**
April 20 / Desert Breeze
Hosted by *Sandpipers*
- **Cinco de Mayo**
May 4-6 / Pavilion Center
Hosted by *Sandpipers*
- **Open Water Nationals/Juniors**
May 4-6 / Tempe Town Lake, AZ
Hosted by *USA Swimming*
- **May Rock the Blocks**
May 18 / Desert Breeze
Hosted by *Sandpipers*
- **Memorial Day Invite**
May 25-27 / Muni. Pool
Hosted by *DSS*
- **JAG LCQ**
June 9-10 / Pavilion Center
Hosted by *LVSC*
- **JAG**
June 14-17 / Ventura, CA
Hosted by *BUEN*
- **JO/Zone Open Water Champs**
June 18 / Castaic Lake, CA
Hosted by *SCS & Western Zone*
- **Firecracker Invite**
July 6-8 / Pavilion Center
Hosted by *Sandpipers*
- **Phillips 66 Nationals**
July 25-29 / Irvine, CA
Hosted by *USA Swimming*
- **SoCal Summer JOs**
July 25-29 / Riverside, CA
Hosted by *RAA*
- **Central Cal Summer JOs**
July 26-28 / Clovis, CA
Hosted by *CSC*

FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



[www.facebook.com/
SandpipersofNevada](http://www.facebook.com/SandpipersofNevada)



@sandpipersofNV



@sandpipersofNV

SANDPIPERS DOMINATE DC CHAMPS

Team Depth on Full Display in Local Championship

During this past President's Day weekend, 158 Sandpipers competed at the 2018 *Desert Committee Championships* hosted at Heritage Park. Many swimmers swam to best times, new JO Qualifying times, and multiple team records were broken.

Katie Grimes broke her own records in the Women's 11-12 1000 Free, 1650 Free and 200 Back while her brother, **Sawyer Grimes**, beat a five-year-old record in the Men's 15-16 200 Back. Sawyer's new record stands at 1:50.90.

Two relay records were broken as well. The Women's Senior 200 Free Relay record was broken by **Chloe Freeman, Reese Hazan, Erica Sullivan** and **Allie Emery** with a new time of 1:37.78. The Women's 15-16 200 Medley Relay swam by **Hazan, Emma Breslin, Freeman and Victoria Gutierrez** was demolished with a five second drop, ultimately leaving the relay with a new record of 1:45.50.

For a full list of records and times, check out the Sandpiper website under the '[News](#)' tab.

SANDPIPERS ATTEND TYR PRO SWIM SERIES-ATLANTA

Eight Team Records Fall in First LC Meet of 2018

The second leg of the *TYR Pro Swim Series* was held in Atlanta, Georgia, the first weekend of March. Ten Sandpiper teammates competed at the meet, hosted in the 1996 Olympic Pool. In the Sandpiper's first long course competition of 2018, eight team records were broken! **Chloe Freeman** took down the 15-16 100 & 200FR along with the Senior 100 Free. **Erica Sullivan** broke the 17-18 800 Free, 1500 Free and 200 Back records. Finally, **Cody Miller**, representing the Sandpipers again, bested his own Senior 100 & 200 Breast records.

In addition to the team records highlights, **Nick Becker, Freeman, Brennan Gravley, Sawyer Grimes, Joseph Gutierrez, Reese Hazan, Miller, Grace Siebmann, and Sullivan** all earned finals swims against over 30 US National Team Members and many other international world class swimmers.

The *TYR Pro Swim Series* is six-stop pool competition that leads into the *Phillips 66 National Championships* in July. The events, hosted by USA Swimming, are located across the United States and bring in the best swimmers in the world to race in the long course format. Sponsorship prizes are offered to the professional swimmers and there is an "Intrasquad" competition amongst the National Team Members. The meets are usually broadcast on NBC Sports following the completion of the meet. The next stop in the *Series* is in April, held in Mesa, AZ. The Sandpipers will be competing again at the stop in Indianapolis, Indiana in May.

WE NEED OFFICIALS!

Swim meets cannot be run without officials! Whether you are new to the sport or a veteran, officiating is an excellent way to get involved in swimming, learn more about the sport, and help the Sandpipers. Becoming an official is easy to do and it gives you the opportunity to have the best seat in the house at every meet!

Officiating counts as volunteer hours and has Sandpiper membership account benefits.

For more information, please contact Coach Ron (usaswimcoach@gmail.com)

For up-to-date information, events, etc., visit the team website at www.sandpipersofnevada.com

SENIOR SECTIONAL RACES HARD AT ARIZONA SENIOR CHAMPIONSHIPS

Sandpipers Finish in 5th Place Overall

Twenty Sandpiper teammates traveled to Mesa, Arizona March 1-4th to compete at the 2018 Arizona SC Senior Championships. The group had some great races, achieved new Sectional cuts and finished the meet in 5th place for the men, women and combined team scores.

Individually, **Victoria Gutierrez** and **Ahmed Mohamed** finished in 4th place in the high point race. Top 3 finishes were notched by **Emma Breslin** (200BR-2nd, 100BR-3rd), **Caleb Gould** (1650FR-1st), **Gutierrez** (1650FR-1st), **Mohamed** (200BR-1st, 400IM-2nd), and **Everett Rojas** (1650FR-3rd). The relay team of **Breslin**,



Danyael Cuison, Caroline Anderson, & Gutierrez broke the only team record on the weekend as they shaved more than 2 seconds off the 15-16 400 Free Relay record.

SANDPIPER TEAM LOGO USAGE REMINDER

Non-Team Approved Apparel Prohibited

When registering for the Sandpipers, all members agreed to only wear Sandpiper team apparel purchased at the Bodyline Swim Shop. Usage of the Sandpiper team logo on apparel and gear not available at Bodyline is prohibited and is subject to a fine according to the *Policies and Procedures* (Page 19).

Please adhere to this policy and do not recreate the team logo on other items. If you have apparel ideas or suggestions, we would love to hear them! Thank you for respecting our policies.



AVAILABLE AT BODYLINE SWIM SHOP



NUTRILITE
Nutritional Supplements

For up-to-date information, events, etc., visit the team website at www.sandpipersofnevada.com

TEAM RECORD UPDATE

28 Team Records Broken During First Quarter of 2018

Sandpipers SC Intrasquad Meet – [SCY]

Gabby Paul: 18-U 25 Breast-18.97

Pacific Coast All-Star Meet – [SCY]

Arabella Sims: 11-12 100 Free-54.03

Desert Committee Championships – [SCY]

Katie Grimes: 11-12 1000 Free-10:34.27; 1650 Free-17:43.39; 200 Back-2:06.05

Sawyer Grimes: 15-16 200 Back-1:50.90

Girl's 15-16 200 Medley Relay: R. Hazan, E. Breslin, C. Freeman, V. Gutierrez – 1:45.50

Women's Senior 200 Free Relay: C. Freeman, R. Hazan, E. Sullivan, A. Emery – 1:37.78

Arizona SC Senior Championship – [SCY]

Girl's 15-16 200 Medley Relay: R. Hazan, E. Breslin, C. Freeman, V. Gutierrez – 1:45.50

TYR Pro Swim Series – Atlanta – [LCM]

Chloe Freeman: 15-16 100 Free-57.75; 15-16 & Senior 200 Free-2:03.05

Erica Sullivan: 17-18 800 Free-8:41.33; 1500 Free-16:38.40; 200 Back-2:17.44

Cody Miller: Senior 100 Breast-1:01.00; 200 Breast-2:13.04

SCS 14-U JO's – [SCY]

Katie Grimes: 11-12 1000 Free-10:33.07; **1650 Free-17:24.35 **SCS RECORD!****

Arabella Sims: 11-12 100 Free-53.12; 200 Free-1:54.67; 500 Free-5:01.93; 100 Fly-58.73; 200 IM-2:07.78

Shivansh Singhal: 11-12 50 Back-28.26; 100 Back-1:00.47

Girl's 11-12 200 Free Relay: A. Sims, A. De Luna, A. Reese, K. Grimes – 1:43.81

Girl's 11-12 400 Free Relay: K. Grimes, E. Fields, A. De Luna, A. Sims – 3:49.43

Teammates Selected For All-Star Camps & Teams

Five Sandpipers Earn Recognition

USA Swimming and it's Regional Zones and LSC's put together All-Star Teams and Select Camps yearly to help progress our rising athletes and give them unique opportunities to gain experience through education, training and competitions. Five Sandpipers teammates earned the opportunity to participate in such camps in 2018!

Katie Grimes, Paige Kuwata and **Arabella Sims** were selected to be on the Southern California team at the *Pacific Coast All-Star Meet* held in Snohomish, Washington in January. **Coach Chris Barber** was chosen to be the lead coach for the 13-14 girls. Selection was based on the athlete's rankings in their age group in SoCal Swimming from the Fall of 2017. Not only did Team SCS win the meet against Pacific Swim, Pacific NW Swim and Oregon Swim in dominating fashion, **Sims** broke the Sandpiper 11-12 team record in the 100 Freestyle.

Southern California also hosts the *SCS All-Star Swim Festival* in January. Athletes are again selected by their event rankings in the fall and divided into four teams for a one-day meet. **Shivansh Singhal** and **Audrey Yu** represented the Sandpipers at the meet hosted at East L.A. College.

Additionally, **Kuwata** was selected to USA Swimming's *Western Zone Select Camp* in May, held in Tempe Arizona. The Zone Select Camp is the next step for athletes on the path towards the National Team; Nearly 80% of Zone Select attendees go on to make the National Select camp. **Kuwata** qualified by having one the best Long Course IMX-Scores in the Western Zone among the 12 & 13-year-old girls.

Stroke School Curriculum Revamped

New Format's Goal to Further Individualize Learning the Fundamentals

Part of the Sandpiper's success comes from reevaluating what works and does not work for our team at the interest of each individual swimmer. With a consistent increase in Stroke School Teammates, the Sandpiper's coaching staff has developed and implemented a new curriculum to better coach each swimmer.

The Stroke School program is now split into two levels: **Stroke School 2** and **Stroke School 1**. Stroke School 2 will have a Freestyle and Backstroke focus while emphasizing swimming fundamentals such as streamlines, starts, and turns. Stroke School 1 will continue to focus on those strokes and fundamentals but will also begin to teach the foundations of breaststroke and butterfly.

We look forward to providing better coaching to the Stroke School swimmers with the new system and curriculum. Thank you for your patience and support as continue to strive to be the best swim program possible.

CLASS OF 2018 COMMITMENTS

Seven Sandpiper Seniors to Compete Next Fall Collegiately

Nicolas Becker – University of Utah
Charlotte Brereton – Grand Valley State University
Allie Emery – University of the Pacific
David Miller – Cal Baptist University
Ahmed Mohamed – California State University – Bakersfield
Everett Rojas – Lindenwood University
Grace Siebmann – Colorado State University
Erica Sullivan – University of Southern California
Dylan Sweikert – Cal Baptist University

As of publication time. A continually updated list can be found on the team website under '[Collegiate Alumni](#)'



**INTERESTED IN ADVERTISING YOUR
BUSINESS IN THE SKINNY?**

**PLACE YOUR
AD HERE!**

Full Page = \$100

Half Page = \$50

Quarter Page = \$35

Eighth Page = \$25

For more information, contact

swimsandpipers@gmail.com

For up-to-date information, events, etc., visit the team website at www.sandpipersofnevada.com

HYDRATION! GOING BEYOND WATER

Courtesy of Tracey Philippi, Team Nutritionist

This is a common question I get from athletes, “I am drinking plenty of water, how can I be dehydrated?” As a sports nutritionist and functional medicine practitioner, I spend a lot of time getting athletes to understand that good hydration goes beyond drinking water. While consuming enough water is essential in having good hydration, the body needs certain nutrients on board to create healthy cells and to transport water into the cells. Therefore, drinking the right amount of water is only part of the equation. Consuming essential nutrients that contain minerals, electrolytes and essential fatty acids (especially omega 3's) all play important roles in cellular health and intracellular water levels. It is important for athletes to understand the positive effects of eating a nutrient dense diet, versus the poor consequences that processed foods have on cellular health and hydration. Being properly hydrated is crucial in maximizing sports performance and directly impacts energy levels, recovery, injury prevention and mental focus.

Minerals and essential fats play important roles cellular health and hydration. The minerals, especially the electrolytes (sodium, chloride, potassium, magnesium, calcium, phosphate, bicarbonate), help to transport water into the cells and assist in many other metabolic processes. Essential fatty acids play a key role in producing healthy cell membranes and over all cellular health. If the cells are not healthy they cannot properly hold or transfer water and nutrients into the cells.

Highly recommended reading! The full article is available in the ‘[Swim Faster](#)’ Tab on the team website.

Hospitality Coordinator Needed

A Message from the Volunteer Team

The Sandpipers of Nevada are looking for a few Families or Individuals to join the Hospitality team.

Volunteers will be in charge of setting up and maintaining the Hospitality area for hosted swim meets.

Duties include: Setting up tables and chairs, moving large coolers, putting bottles of beverages on ice in coolers for Coaches and Officials, pre-ordering food/meals, picking up food, monitoring and replenishing hospitality area during the meet, and clean up at conclusion of meet (This may happen the day/evening before the swim meet starts and does include some heavy lifting). Volunteers will also help guide others who may volunteer in the hospitality area during the meet.

If you are interested, please contact swimsandpipers@gmail.com and sandvolunteerteam@gmail.com.

Upcoming Volunteer Opportunities:

Long Course Intrasquad (April 15): This is a great meet to try a new volunteer position as it is a low-key meet with only Sandpiper Teammates competing

Cinco de Mayo Invite (May 4-6) AND Firecracker Invite (July 6-8): Sandpiper hosted meets at Pavilion Center. We will need all of our parent volunteers to participate to help make sure these meets runs smoothly. We are still in need of: Announcers, CTS Timing Operators, Meet Set up and Breakdown volunteers.

Summer Travel Meets: Please remember if you are traveling with the team this summer to JAG or JOs, you are required to fill timing chairs.

For up-to-date information, events, etc., visit the team website at www.sandpipersofnevada.com

Sandpiper Collegiate Alumni Update

Class of 2017

Mihail Amiorkov (Cal Poly): At the *Mountain Pacific Sports Federation* (MPSF) Conference Championship – 14th in 200IM, 5th in the 400IM and 8th in the 200 Fly in a lifetime best.

Amina Bachir (Oregon St.): At the *PAC 12 Championships* – Finished her first season with bests in the 200 & 500 Free.

Olivia Dockery (Nevada-Reno): At the *Mountain West Championships* – The Wolfpack took 3rd overall and swam best times in the 200 & 500 during the season.

Carter Grimes (Mizzou): At the *SEC Championships* – 9th in the 400IM, 13th in the 200 Fly and 22 in the 200 Back, all in lifetime bests. Carter qualified for the *NCAA Championships* in the 400IM.

Reese Lamph (Houston): At the *American Athletic Conference Championship* – Lifetime bests in the 500 Free & 400 IM, good for 5th in each and part of the Cougars 2nd consecutive conference title.

Emelia Piccininni (Cal Poly): At the *MPSF Conference Championship* – Featured on 3 relays, swam best times in the 100 Back and 100 Free.

Richard Selznick (Brandeis): At the *University Athletic Association Championship* – Finished 13th in the 400 IM in a best time and a best time, 20th place finish in 500 Free.

Alli Warnick (BYU): At the *MPSF Conference Championship* – Swam season bests in all of her events in route to the Cougar's 4th place finish.

Class of 2016

Hailey Houck (Cal Poly): At the *MPSF Conference Championship* – Raced to a 10th place finish in the 400 IM, 11th in the 1650 and 7th in the 200 Fly for the Mustangs.

Nick McDowell (Purdue): At the *Big10 Championships* – Contributed to the Boilermakers 4th place team finish with a 10th place 500 Free & 13th place 1650 Free, both lifetime best times.

Adri Piccininni (Pacific): At the *MPSF Conference Championship* – Scored points for the Tigers with a 19th place finish in the 400 IM, 23rd in the 200 Fly. Added a lifetime best in the 100 Free in a time trial.

Class of 2015

Bowe Becker (Minnesota): At the *Big10 Championships* – Took home the gold in the 50 Free in a new B1G Meet record. Also finished 2nd in the 100 free and 20th in the 100 Fly. Qualified for the *NCAA Championships* in the 50 Free, 100 Free and multiple relays.

Caroline Brereton (Grand Valley): At the *Great Lakes Interscholastic Athletic Conference Championship* – Took 9th place in the 500 Free, 6th in the 1650, and in the 8th 200 Back with a best time, helping pace the Lakers to a second-place finish.

Erin Emery (Minnesota): At the *Big10 Championships* – Scored points for the Golden Gophers in the 1650 Free with a 13th place finish as the team finished in 4th overall.

Isabella Green (Pacific): At the *MPSF Conference Championship* – Wrapped up her junior year with a 17th place finish in both the 100 & 200 Back.

Logan Houck (Harvard): At the *Ivy League Championships* – Swam lifetime bests in the 500 Free and 1000 Free, good for 3rd & 2nd respectively. Added a 2nd place finish in the 1650 in route to the Crimson's League Championship. Qualified for the *NCAA Championships* in the 500 Free and 1650 Free.

Isiah Magsino (Fordham): At the *Atlantic-10 Championship* – Swam a best time in the 200 IM, good for 14th place. Also took 18th in the 100 Back and 23rd in the 200 Back.

Jay Yang (Army): At the *Patriot League Championship* – Ended up 10th in the 200 IM, 5th in the 400IM, and 7th in the 200 Back with a best time as the Cadets took 2nd in the league.

Class of 2014

Madaline Lipkowitz (Loyola Marymount): At the *Pacific College Conference Championships* – Raced to season bests in the 200 Free, 500 Free and 200 Fly.

Catie Miller (Duke): At the *Janis Hape Dowd Nike Invite* – Finished her collegiate career with season bests in the 100 Fly, 100 Breast and 200 IM.