



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 9

6/1/2018

SANDPIPERS PUT ON A SHOW AT OPEN WATER NATS

Team Picks Up Twelve Medals in Arizona

Open Water swimming has been a sweet spot for the Sandpipers for a number of years. However, our focus on Open Water swimming was never as evident as it was at USA Swimming's 2018 Open Water National and Junior Nationals. Thirteen Sandpiper teammates qualified for the meet either through previous Open Water competitions or achieving cut times in the distance freestyle events.

The race was hosted in Tempe Town Lake in Arizona and featured four races. National level athletes competed in the 10K and 5K, while Junior qualifiers either competed in the 5K (15-U) or 7.5K (16-17) races. In addition to National Titles being on the line, the athletes were racing for a spot on Team USA at several different international competitions.

The weekend started off with a bang as **Erica Sullivan** grabbed the 3rd place spot in the National 10K, earning her a spot on the US National Team. She was also the top 18-U finisher in the field. To cap it off, Sullivan won the National Championship in the Women's 5K race on the meet's final day.

Not to be out done, **Brennan Gravley** earned his spot on the National Team, finishing in 6th place. Gravley added to the hardware collection with a 3rd place, and top 18-U finisher, in the Men's 5K. **Joseph Gutierrez** added top 20 finishes in both National races and **Nick Becker** took 18th in the 5K race.

The Sandpipers found the podium in all four Junior National races as well. In the 15-U 5K races, **Paige Kuwata** took home 7th place and **Brice Barrieault** took 4th overall. **Katie Grimes** finished 15th place as the youngest swimmer in the entire meet.

Finally, the Junior National 16-17 7.5K race featured six Sandpipers. Our highest female finisher was **Chloe Freeman**, taking home 5th place. **Reese Hazan** and **Victoria Gutierrez** added top 20 finishes.

For the boys, all three Sandpipers placed in the top 10. **Sawyer Grimes** led the way with a 5th place finish, followed by **Caleb Gould** (8th) and **Dylan Gravley** (10th).

UPCOMING EVENTS

...

- **Swim-A-Thon 2018**
June 3 / Wet'n'Wild Water Park
- **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
- **June Rock the Blocks**
June 22 / Desert Breeze
Hosted by Sandpipers
- **Firecracker Invite**
July 6-8 / Pavilion Center
Hosted by Sandpipers
- **July Rock the Blocks**
July 20 / Desert Breeze
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 26-29 / Clovis, CA
Hosted by CSC
- **Western Senior Zones**
July 31-Aug. 4 / Clovis, CA
Hosted by CSC
- **NCSA Summer Champs**
July 31-Aug. 4 / Indianapolis, IN
Hosted by NCSA
- **West. Zone Age Group Champs**
Aug. 8-11 / Roseville, CA
Hosted by CCA

FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



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



[@sandpipersofNV](https://www.instagram.com/sandpipersofNV)



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Bodyline Relocates

Store Nearly Doubles in Size

Only a few doors down, Bodyline Swim Shop relocated to Suite A of the 4460 building; right in between Pizza Hut and Donut Mania. Come check out our new location!

Summer Store Hours*

Monday: 10:00am-4:30pm
Tuesday: 10:00am-5:15pm
Wednesday: 10:00am-5:30pm
Thursday: 10:00am-5:15pm
Friday: 10:00am-5:15pm
Saturday: 10:00am-5:30pm
Sunday: Closed

*Hours subject to change

**4460 S. Durango Dr. STE A
Las Vegas, NV 89147
(702) 871-0034**



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

New Sandpiper Officiating Program Launched

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! Regularly 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.

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

NIAA STATE CHAMPIONSHIP SERIES OVER RUN WITH SANDPIPERS

Twenty-Nine Teammates Compete for Eight Different Schools at State Meet

The Nevada Interscholastic Activities Association (NIAA) held their Regional and State Championship Series May 7-May 19 at UNLV. The Sandpipers dominated the Finals session of Regionals and the State Meet. Of the Top-16 Finishers at the 4A Sunset Regional, 24.2% of the girls and 52.3% of the boys were Sandpipers. The Senior 2 training group alone had 33 individual finals swims at Regionals! Additionally, 6 of the 13 girls, and 11 of the 16 boys the individually qualified for State from the Sunset Regional were Sandpiper teammates.

At the State Championship, the Palo Verde Panthers took home their 6th straight State title, led by Coach **Brent Gonzalez** (Senior 2 Coach). The Panthers girls finished runner up. Palo Verde's team is comprised of mostly Sandpiper teammates. **Tyler Edlefsen** was awarded 4A Male Swimmer of the Meet.

Sandpiper Individual State Qualifiers were: **Caroline Anderson** (200IM, 100 Fly), **Dylan Becker** (100 BK), **Portia Blackert** (500 FR), **Charlotte Brereton** (500 FR), **Emma Breslin** (50 FR, 100 BR), **Mason Claiborne** (100 FR, 100 BK), **Tyler Edlefsen** (200IM, 100BR), **Caleb Gould** (500 FR), **Victoria Gutierrez** (50 FR, 100 FR), **Ethan Houck** (500 FR), **Leah Kirkman** (100 Fly, 100BK), **David Miller** (200 FR, 100 Fly), **Ahmed Mohamed** (200IM, 100 BR), **Aidan Nartker** (200 FR, 100 Fly), **Nikita Nazarov** (100 FR), **Everett Rojas** (500 FR), **Dylan Sweikert** (50 FR, 100 FR), **Harrison Trent** (50 FR, 100 FR).

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.sandpipersonevada.com

TEAM RECORD UPDATE

May Long Course Meets Bring 2018 Team Total to 41

Pro Swim Series - Indianapolis – [LCM]

Nicholas Becker: 17-18 & Senior 100 Back-59.33

Sawyer Grimes: 15-16 200 Back-2:07.71

Logan Houck: Senior 200 Free-1:52.98

Cody Miller: Senior 100 Breast-1:00.99

Erica Sullivan: 17-18 & Senior 200 Free-2:00.73; 17-18 400 Free-4:12.01; 17-18 & Senior 800 Free-8:30.15;
17-18 1500 Free-16:09.88

DSS Memorial Day Invite – [LCM]

Katie Grimes: 11-12 800 Free-9:15.88 ****SCS RECORD****

Shivansh Singhal: 11-12 50 Back-33.14

2016-2017 Top 10 Lists Finalized

Sandpipers honored by SCS for finishing in the Top 10 in the Country Last Year

Swimmer (Age)	Event – Rank	Swimmer (Age)	Event – Rank
Chloe Freeman (15)	100 Fly LCM – 10 th	Katie Grimes (11)	1500 Free LCM – 7 th
Brennan Gravley (16)	800 Free LCM – 4 th 1500 Free LCM – 3 rd	Carter Grimes (18)	200 Fly LCM – 5 th 400 IM LCM – 6 th
Paige Kuwata (12)	400 Free LCM – 9 th 800 Free LCM – 5 th *1500 Free LCM – 1st 100 Fly LCM – 4 th *200 Fly LCM – 2nd 200 IM LCM – 9 th 200 IM LCM – 1st	Erica Sullivan (16)	500 Free SCY – 2 nd *1000 Free SCY – 1st 1650 Free SCY – 1st 400 Free SCY – 1st 800 Free LCM – 1st 1500 Free LCM – 1st
Joseph Gutierrez (16)	1650 Free SCY – 9 th 800 Free LCM – 9 th 1500 Free LCM – 4 th 400 IM LCM – 9 th	Erica Sullivan (17)	400 IM LCM – 2 nd 400 Free LCM – 3 rd 800 Free LCM – 1st 1500 Fr LCM – 1st
Reese Hazan (15)	200 Fly SCY – 8 th 200 Back LCM – 10 th	Reese Lamph (18)	1000 Free SCY – 6 th 1500 Free LCM – 6 th
Kamika Francis, Paige Kuwata, Bella Sims, Audrey Yu (11-12)	400 Free Relay LCM – 6 th	Grace Siebmann (17)	400 IM LCM – 9 th

*Indicates Southern California Swimming Record

Southern California Top 10 Finishers

Swimmer (Age)	Event – Rank	Swimmers (Age)	Event – Rank
Luke Ellis (10)	100 Back LCM – 3 rd	Sebastian Avram, Brice Barrieault, Thomas Miller, Shivansh Singhal (11-12)	800 Free Relay SCY – 1st
Katie Grimes (10)	200 Free SCY – 2 nd		
	100 Back SCY – 2 nd		
	200 IM SCY – 3 rd		

2018 Swim-A-Thon Fundraiser Is Underway

Sandpipers Biggest Annual Fundraiser to be held at Wet'n'Wild

The Sandpipers Annual Swim-A-Thon will take place this Sunday, June 3rd at Wet 'n' Wild Water Park. The swimmers will do their laps in the lazy river and then have access to the rest of the water park for some fun under the sun!

The team's goal is to raise **\$35,000** this year. Swimmers can ask for a flat donation or per lap donations. All donations and information can be found on the team website. Team fundraisers help the Sandpipers keep membership costs as low as we can, so it is essential every teammate participates! If you can't make it to Wet 'n' Wild, there will be a make-up opportunity at Desert Breeze. The date will be announced shortly. Look forward to seeing everyone at Wet'n'Wild and raising money for Sandpipers!

WELCOME ALONZO FREEMAN

Sandpipers Add Strength & Conditioning Coach to Staff

The Sandpipers of Nevada would like to welcome our new strength coach Alonzo Freeman! Coach Alonzo has been working with the Sandpipers for more than 10 years at Philippi Sports Institute and recently started personal strength training at Lifetime Fitness. Alonzo was a standout linebacker at UNLV and an exceptional student, earning both his BS and MS in Kinesiology at UNLV. Besides the Sandpipers, he has experience working with a wide range of sports teams, ability levels and ages. From youth soccer teams to training professional hockey players, like the Golden Knights very own Deryk Engelland, he is an absolute asset for us and we are extremely fortunate to have Alonzo on staff for the Sandpipers.

Coach Zo will be making his way thru the Sandpiper program, starting with the Senior groups, and establishing a regulated dryland program. He will work hand in hand with both our athletes and our coaches to provide knowledge and techniques to continue to improve our athlete's mobility, athleticism, durability and strength.



"The Real Team Player"

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Full Page = \$100

Half Page = \$50

Quarter Page = \$35

Eighth Page = \$25

For more information, contact
swimsandpipers@gmail.com

A FUNCTIONAL MEDICINE APPROACH TO SPORTS NUTRITION

STRATEGIES FOR SWIM MEETS

Courtesy of Tracey Philippi, Team Nutritionist

An excerpt from Tracey's article:

Recommendations for swim meets will focus on consuming low fiber and low-fat foods, small amounts of easily digestible protein (fish, poultry), and good sources of easily digestible carbs. **Swim meet snack and menu ideas:**

- Gluten free tortilla (rice) wraps, with a small portion of protein such as fish, poultry, or add nut butter (small amount) with raw honey.
- Rice is a great choice for swim meet days. It is considered to be hypoallergenic for most and easy to digest. Suggestions: rice bowls with small amount of protein and cooked veggies, sushi rolls, gluten free rice pasta.
- Sweet potatoes, yams, or potatoes. **Tip:** slice sweet potatoes into ½ inch slices, par boil, rinse with cold water, lightly coat with EVOO, add a pinch of Celtic salt and grill for about 1 minute per side. Place in baggies. This is a great snack to pack for swim meets
- Juicing is a supper choice for swim meets because the fiber is removed. Beet juice is a super antioxidant and high in nitride oxide. **Tip:** Trader Joe's has their Green Juice and Beet Juice ready to go in the refrigerator section.
- Hydrate with organic coconut water, green tea, and alkaline water
- Cereals suggestions: granola, oatmeal, cream of rice (replace dairy with coconut milk in a carton, all-natural almond, cashew or hemp milk)
- Energy Balls are an excellent choice for breakfast (consume 2 hours prior to competition).

Recipe for Energy Balls included in full article

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 is 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:

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.