



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 5

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SANDPIPERS TAKE HOME JAG TEAM TITLE

69 Teammates Compete in Mid-Season Tune Up

The Sandpipers of Nevada traveled to La Mirada, California to compete in the 2017 *June Age Group Invite* and finished the meet in first place overall, ahead of 60 other teams in attendance.

The JAG Meet, used by most teams as their mid-season focus meet, saw Sandpiper teammates lighting it up throughout the course of the four day meet. In addition to tons of best times, finals qualifiers, and new qualifying times achieved, Sandpiper Teammates broke 22 team records! Individual team records were set by **Nick Becker**, **Chloe Freeman**, **Paige Kuwata**, and **Thomas Miller**. A full break down of the records can be found later in this issue, and on the team website.

Following the pool competition, the Sandpipers went on to race at the *JOs/Western Zone Open Water Championship* at Castaic Lake the next day. Over 30 teammates raced in 1K, 3K or 5K races.

Top 5 Finishers in their age group were **Luke Ellis**, **Jesse Malmquist**, **Joseph Gutierrez**, **Sawyer Grimes**, **Dylan Gravley**, **Kate Grimes** and **Chloe Freeman**.

Overall, it was a fun weekend for the Sandpipers. We did a great job stepping up and swimming fast. The coaching staff was thrilled to see our teammates behind each other's lanes cheering all weekend.

UPCOMING EVENTS

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- **July Rock the Blocks**
July 21 / Desert Breeze
Hosted by Sandpipers
- **Summer JOs - Southern**
July 26-30 / Santa Clarita, CA
Hosted by Canyons Swim Club
- **Summer JOs - Central**
July 27-30 / Clovis, California
Hosted by Clovis Swim Club
- **Western Senior Zones**
Aug. 1-5 / Clovis, California
Hosted by Clovis Swim Club
- **NCSA Summer Championship**
Aug. 1-5 / Indianapolis, IN
Hosted by NCSA
- **US Open**
Aug. 2-6 / East Meadow, NY
Hosted by USA Swimming
- **Desert Champs**
Aug. 5-6 / Pavilion Center Pool
Hosted by LVSC
- **Speedo Junior Nationals**
Aug. 8-12 / East Meadow, NY
Hosted by USA Swimming
- **DSS September Invite**
Sept. 22-24 / Muni. Pool, LV
Hosted by Desert Storm
- **Pumpkin Invitational**
Oct. 20-22 / Desert Breeze
Hosted by Sandpipers
- **Nevada State Meet**
Nov. 9-12 / Carson City, NV
Hosted by TBD
- **Las Vegas Super Finals Invite**
Nov. 30-Dec. 3 / Desert Breeze
Hosted by Sandpipers

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AN UPDATE FROM CENTENNIAL & SKYVIEW YMCA

Coach Lindsey Presents *INTRO TO SANDPIPERS*

Centennial Hills YMCA and Skyview YMCA have been Sandpipers satellite pools for 2 1/2 years. Both sites offer levels 2 and 3 in each age group, designed to prepare swimmers in the North and Northwest for our level 1 groups at Desert Breeze. We have moved over 25 swimmers to Desert Breeze since the Sites opened.

Our Centennial Hills YMCA is currently getting ready for Central JOs at the end of the month. We are also setting goals to qualify for November's State Meet in Carson City. With each meet, we see more and more improvement and are excited to see what they will achieve the rest of summer and in the fall season.

Starting back on June 12th, the Sandpipers introduced our newest program at Skyview, *Intro. to Sandpipers*. The program is designed to bring new swimmers to our program by teaching them basic competitive swim technique and getting them ready for the Level 3 groups at Centennial. We currently have 25 swimmers in the program. In just a month, we have seen huge improvements from these new teammates and are hoping to move them into Yellow 3 and White 2 in August.

We will be running *Intro. To Sandpipers* year around, so tell your friends & neighbors! For more information on the program, contact Coach Lindsey at h2ofeetme@gmail.com.

WELCOME BACK COLLEGE TEAMMATES

Sandpiper Alums Return to Train for The Summer Season

Four Sandpiper teammates have returned to train with the team for the Long Course season. **Hailey Houck** (Cal. Poly), **Logan Houck** (Harvard), **Nick McDowell** (Purdue), **Adri Piccininni** (Pacific) are all back with the Senior groups. The Sandpipers are always happy to have our Collegiate Alumni back with us in the summer and representing us in competitions.

Be sure to check the "[Collegiate Info](#)" Tab on the Sandpiper website. Not only have we updated our Alumni Section, the College Swimming Resource page has also been revamped. The resource page has helpful links for choosing a school featuring articles, resources, and websites to assist you in making decisions for your future.

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)

SANDPIPERS COMPETE AT SUMMER NATIONALS

Erica Sullivan to Represent the USA at World Juniors

Four Sandpiper teammates traveled to Indianapolis, Indiana in June to race at the 2017 *Phillips 66 Nationals/World Championship Trials*. **Brennan Gravley, Carter Grimes, Reese Hazan, & Erica Sullivan** represented the Sandpipers with the opportunity to swim for Team USA on the world stage later this summer. Grimes (200Fly), Hazan (200Back) and Sullivan (800Free) finished the meet with a team record, while Gravley chipped in two lifetime best times.

The highlight of the trip saw Erica Sullivan take 9th place in the 800m Free, which earned her a spot on the USA World Junior team. She will compete in the 800 & 1500 Freestyles at the *Fina World Junior Championships* at the end of August, in Indianapolis.

NEW PRODUCTS AT BODYLINE SWIM SHOP

Bodyline Partners with TYR, Amazon, Vasa & SBR Sports

In addition to Bodyline Swim Shop's existing exclusive partnership with **TYR**, Bodyline has added more products to benefit all swimmers!

Sandpiper Families can now get discounts on **Vasa Trainer's** by following the link under "Partners" on the team website. Vasa Trainers are a great, out of water, training tool to work on form and muscle development. Senior groups have begun using them as part of their regular dryland training.

Bodyline is excited to announce we are now partnered with **SBR Sports TriSwim**. They offer hair and skin products designed to help swimmers with the chemical damage caused by pools. These products include shampoo, conditioner, body wash, lotion and skin lubricant for Tri-athletes.

Finally, if you shop on **Amazon**, be sure to click on the Amazon link on the team website to access the Sandpiper's **AmazonSmile** account, where every purchase made will give a small percentage back to the team! You can also find it by going to www.smile.amazon.com and searching "Sandpipers". After selecting the Sandpipers, continue to shop as you normally would. Thank you for your support!



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

SANDPIPERS BREAK 42 TEAM RECORDS IN 2017

29 Records Fall in First half of the Long Course Season

DSS Memorial Day Invite

Thomas Miller: 11-12 400IM (5:14.92)

Speedo Grand Challenge

Brennan Gravley: 15-16 1500Free (15:32.05)

June Age Group Invites

Paige Kuwata: 11-12 200Back (2:26.19), 100Fly (1:05.09), 200Fly (2:22.85), 200IM (2:27.52), 400IM (5:10.92)

Chloe Freeman: 15-16 100Free (58.25)

Thomas Miller: 11-12 100Back (1:09.68), 200Back (2:24.98), 200IM (2:27.24)

Nick Becker: 17-18 & Open 100 Back (1:00.15)

11-12 Girls 200 Free Relay: P. Kuwata, K. Grimes, O. Barber, K. Francis (2:00.73)

11-12 Girls 400 Free Relay: K. Francis, K. Grimes, O. Barber, P. Kuwata (4:20.81)

11-12 Girls 400 Medley Relay: K. Grimes, O. Barber, P. Kuwata, K. Francis (4:51.24)

10&U Boys 200 Free Relay: C. Daniels-Hejna, V. Hoffmann, J. Malmquist, L. El (2:08.12)

10&U Boys 200 Free Relay: L. Ellis, C. Daniels-Hejna, J. Malmquist, V. Hoffmann (2:30.67)

13-14 Boys 200 Free Relay: M. Ma, T. Houston, G. Gould, N. Nazarov (1:45.67)

13-14 Boys 400 Free Relay: M. Ma, C. Gould, G. Gould, N. Nazarov (3:50.77)

13-14 Boys 800 Free Relay: C. Gould, P. Streyle, G. Gould, N. Nazarov (8:26.91)

13-14 Boys 200 Medley Relay: T. Houston, G. Gould, N. Nazarov, M. Ma (1:59.42)

17-18 Boys 400 Medley Relay: N. Becker, H. Kurtagic, D. Miller, D. Sweikert (4:00.98)

Phillips 66 Nationals/World Championship Trials

Erica Sullivan: 15-16 & Open 800Free (8:34.93)

Reese Hazan: 15-16 & Open 200Back (2:16.33)

Carter Grimes: 17-18 & Open 200Fly (2:00.24)

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Eighth Page = \$25

For more information, email
swimsandpipers@gmail.com

4 TIPS ON HOW TO NAIL YOUR TAPER

- 1) Watch what you eat
 - 2) Make sure to get enough sleep every night
 - 3) Don't waste your newfound energy
 - 4) Don't doubt your training
- Courtesy of swimmingworldmagazine.com

For more information and tips to improve your swimming, visit the "[Swim Faster](#)" page on the Sandpipers website

SANDPIPERS FEATURED IN SWIMMING WORLD AGAIN

Coach Ron Invited to Speak at Hall of Fame Clinic

For the second time in 2017, the Sandpipers of Nevada were featured in *Swimming World Magazine*. In each issue, the magazine has a "Q&A" article with coaches that are making waves in competitive swimming. **Head Coach Ron Aitken** answered questions about his coaching start in Las Vegas, his approach to coaching, and Open Water. The "Q&A" article is paired with "How They Train", which featured **Erica Sullivan** and **Brennan Gravley** and the improvements they have made over the years.

Coach Ron was also invited to speak at the *ISCA Hall of Fame Coaches Clinic* this August in Clearwater, Florida. He will be part of a panel with other coaches discussing the Development of Olympic level athletes. The ISCA is the *International Swim Coaches Association* and this is their 8th annual clinic.

Swimming World Magazine is a monthly publication that first went into circulation in 1960. It features articles with news, technique, educational pieces, awards and opinion from all over the world of aquatic sports. Visit www.swimmingworldmagazine.com/default.aspx for more info.

CALLING ALL FAMILIES WITH 11&U SWIMMERS

A Note from Our Volunteer Coordinators

Thank you to all that volunteered at the Sandpiper *Firecracker Invite*! A special thank you to those that stepped up to help with the heat and lane tracker board! Over the next few weeks, we will have Sandpipers swimming at several out of State meets, Jr. Olympics (2 separate meets) and Zones. We will need everyone attending to check their e-mails as we may not know timing assignments until we arrive at the meets. Timing sign ups may be online or in paper form. Please watch for information if you are attending these events and be ready to volunteer.

Our next hosted meet will be the *Pumpkin Meet* in October - we are looking for a few CTS TRAINEES, especially for our **MORNING SESSION Swimmers**. Announcer, Admin/Computer, Poster & Runner are a few positions that are necessary to host a successful meet. Please feel free to e-mail the volunteer team for more information on any of these positions.

Thank you Volunteers for making the 2017 Long Course Season a success!

Sandpiper Volunteer Team - sandvolunteerteam@gmail.com



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