



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 10

7/21/2018

SANDPIPERS GEAR UP FOR CHAMPIONSHIP MEETS

Over One Hundred Athletes Set to Compete

It goes without saying that the Summer Long Course Season is no vacation for the Sandpipers of Nevada. Our teammates have been training all spring and summer for the upcoming long course championship meets. We will be competing at seven different championship meets across the country over the next three weeks.

Starting on July 25th, nine teammates will be competing at the *Phillips 66 National Championships* in Irvine, California. This is the premier National meet in the United States and is loaded with National Team members, former Olympians, and upcoming stars. Team USA will be selected from this competition for several international teams. Live coverage will be aired on NBC's various platforms.

That same week, over 100 age group and senior swimmers will be racing for best times, team records, and finals swims at two different *Junior Olympic Championship* meets. 41 swimmers will be competing in the Southern California JOs in Riverside while 62 swimmers will be competing in Clovis in the Central California JOs.

The following week, 44 qualified Sandpiper swimmers will compete at the *Arena Western Senior Zones* also in Clovis, California. The Sandpipers will be looking to defend the team title against more than 800 other swimmers from across the Western United States.

On the otherside of the country, nine Senior Sandpipers will be competing at the *2018 NCSA Summer Championships* in Indianapolis, Indiana at the world renowned IUPUI Natatorium.

To close off a busy summer season, starting on August 8th select age group swimmers will compete at the *Western Zone Age Group Champs* in Roseville, California. Athletes had to apply to be selected for a spot to compete at this SCS All-Star Meet.

The Sandpipers will have a team break starting on August 4th through August 11th. **Practices will resume on August 13th.**

Good luck and swim fast Sandpipers!

UPCOMING EVENTS

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- **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
- **Desert Champs**
Aug. 25-26 / Multi. Gen.
Hosted by BCH
- **September Rock the Blocks**
Sept. 7 / Desert Breeze
Hosted by Sandpipers
- **October Rock the Blocks**
Oct. 5 / Desert Breeze
Hosted by Sandpipers
- **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
- **Las Vegas Super Finals Invite**
Nov. 29-Dec. 2 / Pavilion Center
Hosted by Sandpipers

FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



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



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VOTE FOR COACH CHRIS!

Coach Chris Nominated for Age Group Coach of the Year

Head Age Group Coach **Chris Barber** has been nominated for 2018 Age Group Coach of the Year. The award, sponsored by the Fitter Faster Tour, will be presented at the *American Swim Coaches Association* annual clinic. Voting opened in May, and will remain open until **July 31st**. If Coach Chris finishes among the Top 10 vote getters, he will be invited to the ASCA Clinic for the presentation in September. This is the 5th year the award has been given. Past award winners include Beth Winkowski (Dynamo) and Tom Himes (NBAC & Michael Phelps' age group coach).

In Coach Chris' 22-year tenure with the Sandpipers, he has worked with hundreds of young athletes, always preaching giving your best effort and being the best teammate you can be. Some highlights of Coach Chris' career include coaching 21 National Top 10 Age Group Swimmers and five Southern California Swimming record breakers.

There is no limit to the number of votes you can submit so please continue to vote for Coach Chris! Follow this link to vote:

<https://fitterandfaster.com/participants-and-teams/vote-2018-age-group-coach-year/>



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! 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

Sandpipers Earn Much Deserved Recognition

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

- **NISCA All-American:** The *National Interscholastic Swim Coaches Association* recognizes the top 100 high school swimmers in the country in each event. Junior **Tyler Edlefsen** earned All-American status in the 200 IM, ranking 80th in the country. **David Miller** also met the consideration time in the 100 Butterfly.
- **SCS Western Zone Age Group Team:** The Sandpipers will be represented at the *Western Zone Age Group Championship* meet by **Luke Ellis & Gabriel Manteufel**. Both athletes were selected to swim for Team Southern California based on their performances at the *JAG Meet* in June.
- **Open Water National Select Camp:** USA Swimming is hosting its annual Open Water Select Camp at the end of August in Pleasant Prairie, Wisconsin. **Brice Barrieault, Chloe Freeman & Sawyer Grimes** earned selections to the 2018 camp from their finishes at *Open Water Nationals*.
- **FINA World Junior Open Water Championship:** **Coach Ron Aitken** will serve as the Head Coach of Team USA at the World Championships held in Eilat, Israel in the beginning of September.

In addition to **Brennan Gravley** and **Erica Sullivan** already making National Teams in Open Water, there is potential for more Sandpiper teammates to earn spots on teams and camps from the upcoming championship meets.

BODYLINE RE-LOCATION REMINDER

Store Nearly Doubles in Size at New Location

If you haven't been to the new Bodyline Swim Shop location, come check it out! Only a few doors down from the old suite, Bodyline Swim Shop relocated to Suite A of the 4460 building: right in between Pizza Hut and Donut Mania. With the new space, Bodyline now offers Speedo Goggles, special Bodyline paddles, and more.

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

The summer store hours are: Monday 10:00-4:30, Tuesday 10:00-5:15, Wednesday 10:00-5:30, Thursday 10:00-5:15, Friday 10:00-5:15, Saturday 10:00-5:30, Sunday Closed. Hours are subject to change.



MICHAEL PHELPS

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

TEAM RECORD UPDATE

17 Team Records Broken in June; 2018 Team Total to 57

Pro Swim Series – Santa Clara – [LCM]

Cody Miller: Senior 200 Breast – 2:12.31

June Age Group Invite – [LCM]

Katie Grimes: 11-12 400 Free – 4:33.52

Shivansh Singhal: 11-12 50 Back – 32.47

Women's 13-14 200 Free Relay: P. Kuwata, K. Francis, B. Sims, A. Yu – 1:52.14

Women's 13-14 400 Free Relay: P. Kuwata, A. Yu, B. Sims, K. Francis – 4:02.95

Women's 13-14 800 Free Relay: P. Kuwata, K. Francis, A. Yu, B. Sims – 8:46.71

Women's 13-14 400 Medley Relay: A. Yu, B. Sims, P. Kuwata, K. Francis – 4:36.91

Women's 15-16 200 Free Relay: C. Freeman, E. Breslin, R. Hazan, V. Gutierrez – 1:52.34

Women's 15-16 400 Free Relay: V. Gutierrez, E. Breslin, R. Hazan, C. Freeman – 4:01.96

Women's 15-16 200 Medley Relay: R. Hazan, E. Breslin, C. Freeman, V. Gutierrez – 2:04.68

Women's 15-16 400 Medley Relay: R. Hazan, E. Breslin, C. Freeman, V. Gutierrez – 4:26.38

Men's 15-16 200 Free Relay: H. Aitken, T. Edlefsen, S. Grimes, M. Ma – 1:43.88

Men's 15-16 400 Free Relay: T. Edlefsen, J. Sullivan, C. Gould, S. Grimes – 3:47.07

Men's 15-16 800 Free Relay: T. Edlefsen, E. Houck, C. Gould, S. Grimes – 8:05.95

Men's 15-16 200 Medley Relay: S. Grimes, T. Edlefsen, G. Gould, M. Ma – 1:55.53

Men's 15-16 400 Medley Relay: S. Grimes, T. Edlefsen, G. Gould, M. Ma – 4:07.52

Men's 17-18 200 Medley Relay: N. Becker, J. Gutierrez, D. Miller, D. Sweikert – 1:52.83

NCAA RECRUITING CHANGES

New Changes to the Recruiting Rules Allow for Juniors to Start Process Earlier

The NCAA has made some drastic changes to the recruiting process for prospective Division 1 athletes. In short, the timeline for recruiting prospective athletes has essentially been moved up a whole calendar year. Meaning, Juniors in high school can be contacted by coaches beginning July 1 of their Junior year. Juniors are now permitted to go on recruiting trips after September 1st of their Junior year.

For more information on the changes, and for more information on the recruiting process as a whole, check out the College Resource page under "[Collegiate Info](#)" on our team website.

SUPPORT THE SANDPIPERS USING AMAZON SMILE



Select the Sandpiper Booster Club as Your Charity

Did you know you can support the Sandpipers of Nevada while shopping on Amazon? The Sandpiper's Booster Club has an Amazon Smile account set up to benefit the team while you do your shopping. Simply go to smile.amazon.com and search for "Southern Nevada Sandpipers Swimming Booster Club Inc" to support the team with every purchase made. Booster Club funding helps the team cover pool expenses, team travel, team equipment and more.

Thank you for supporting the Sandpipers of Nevada!

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

SAY “NO!” TO CHOCOLATE MILK POST-WORKOUT

Courtesy of Tracey Philippi, Team Nutritionist

An exert from Tracey’s article:

I never advise my athletes to consume chocolate milk post-workout. Despite the overwhelming amount of marketing promoting the benefits of chocolate milk, I am here to inform you of the dark side of milk. Dairy can be problematic for a vast majority of the population. Like the old saying, “One man’s food may be another man’s poison.” It is important to understand some of the potential consequences of consuming milk. We know that the “Got Milk” ad campaign is doing great job marketing to the athletic population. The campaign references a number of studies that tout the recovery benefits of drinking chocolate milk. You see, chocolate milk has the optimal ratio of carbs to protein (4:1 carb to protein ratio). This ratio promotes improved recovery and can increase performance in athletes. However, most of the studies cited by this campaign compare chocolate milk to water and athletic performance drinks, i.e., Gatorade, not simply drinks that have the same carb to protein ratio, such as a nut smoothie. Additionally, nutrient timing, the concept behind post workout consumption of carbs and protein, is based on utilizing a fast acting protein like whey; casein is a very slow digesting protein. The average ratio in cow’s milk is 80% casein and only 20% whey. These studies do not reveal the downside of consuming chocolate milk for many individuals. In essence, they just prove that chocolate milk has the optimal carb to protein ratio. I am here to tell you that there are better choices to be made in meeting this ratio without the potential problems that can be associated with milk.

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

THANK YOU TO ALL OF OUR SUMMER VOLUNTEERS

A Message from the Volunteer Team

As the 2018 Long Course Season comes to an end, we want to say THANK YOU! Thank you to everyone who volunteered at the *Cinco de Mayo* and *Firecracker Invitational Meets*. Without all of you these meets would not be possible.

We still have a busy July, full of TRAVEL MEETS. Please remember if you are participating in an out of town meet, you are required to volunteer for timing positions. Those that do not sign up on their own may be added to a timing position. No show fees will be assessed at \$25 per our membership agreement. If you sign up for a position and are unable to volunteer, it is your responsibility to find a replacement.

Future Volunteer Needs

- [CTS Operator](#) – In charge of operating the Colorado Timing System. Works hand in hand with meet administration.
- [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.
- [Runners and Posters](#) – Responsible for posting heat sheets and results around the pool deck

Sandpipers of Nevada 2018-2019 team year is approaching quickly. Look for online registration to open in August. Items to note for the new year: a change in the volunteer service hours to be split into two seasons (short course & long course), fundraising opportunities, and monthly fee changes.