



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 6

9/22/2017

WELCOME TO THE 2017-18 SEASON!

The Skinny, Swim Meets and More...

August marked the beginning of the 2017-18 season for the Sandpipers! Returning families were welcomed into new groups and new members joined Nevada's only nationally recognized Gold Medal and Level Four swim club! The Sandpipers of Nevada's goal is to provide all new and returning swimmers with the necessary training that satisfies the needs of novice swimmers to Olympic hopefuls.

The Sandpipers of Nevada not only provide unparalleled training, but allows members to have access to multiple team resources. One of the team resources is *The Sandpiper Skinny* (*The Skinny*). *The Skinny* is the team's periodic newsletter highlighting upcoming events, achievements, and important team info to keep all

Sandpiper families in the loop and connected.

Sandpipers primarily compete in two different types of meets; Rock the Blocks and invitational meets. Rock the Blocks is a Sandpiper only meet where swimmers will be able to achieve SCAT (Sandpiper Competitive Achievement Times) times. SCAT times are needed to swim at invitational meets which are hosted either by the Sandpipers or a neighboring swim club. Parent reps and coaches will be able to give further insight on SCAT times and swim meets.

Let's start off this season strong and make this one the best one yet, Sandpipers!

UPCOMING EVENTS

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- **DSS September Invite**
Sept. 22-24 / Muni. Pool, LV
Hosted by *Desert Storm*
- **October Rock the Blocks**
Oct. 13 / *Desert Breeze*
Hosted by *Sandpipers*
- **Pumpkin Invitational**
Oct. 20-22 / *Desert Breeze*
Hosted by *Sandpipers*
- **Nevada State Meet**
Nov. 9-12 / Carson City, NV
Hosted by *CARS*
- **November Rock the Blocks**
Nov. 17 / *Desert Breeze*
Hosted by *Sandpipers*
- **Winter Nationals**
Nov. 29-Dec. 2 / Columbus, OH
Hosted by *USA Swimming*
- **Las Vegas Super Finals Invite**
Nov. 30-Dec. 3 / Pavilion Center
Hosted by *Sandpipers*
- **Rock the Blocks Winter Champ.**
Dec. 2-3 / Pavilion Center
Hosted by *Sandpipers*
- **Speedo Winter Jr. National-West**
Dec. 6-9 / Iowa City, IA
Hosted by *USA Swimming*
- **KMSC Pro-Am Classic**
Dec. 14-17 / Lewisville, TX
Hosted by *King Marlin Swim Club*
- **Intrasquad Meet**
Jan. 27 / Pavilion Center
Hosted by *Sandpipers*
- **Desert Champs**
Feb. 16-18 / TBD
Hosted by *BCH*

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CONGRATULATIONS COACH RON

Head Coach Awarded *Developmental Coach of the Year*

For the second year in a row, the Sandpiper's Head Coach, Ron Aitken, was awarded USA Swimming's 2017 *Developmental Coach of the Year*! The award is given out at the annual United States Aquatic Sports Convention in Dallas, Texas. *Developmental Coach of the Year* honors the coach who places the most 18&Under Athletes on the U.S. National and National Junior Team. Previous winners of the award include the 2016 U.S. Olympic Coaches Bob Bowman and David Marsh. Congratulations Coach Ron!

SANDPIPERS LEAVE THEIR MARK ON THE NATIONAL SCENE

Sullivan and Houck Earn Spots on USA National Team

Traveling and competing at a high level is not an easy thing for an athlete to do, but it appears the Sandpipers are getting pretty good at it. Five teammates traveled to East Meadow, New York, to race at the *U.S. Open Championship* the first week of August. Swimming against some of the best swimmers in the world, both **Erica Sullivan** and **Logan Houck** earned spots on the United States National Team for 2017-18 with their performances in the distance races. Houck was the highest placing American in 800 & 1500 Freestyle, while Sullivan won the women's 400 & 1500 Freestyle! The Sandpipers also saw a team record from **Carter Grimes** in the 400IM and solid swims from **Hailey Houck** and **Nick McDowell**.

Meanwhile, in Indianapolis, Indiana, seven Sandpipers competed at the *NCSA Summer Invite*. When it was all said and done, all seven finished on the podium at least once. The highlight of the meet was **Brennan Gravley & Joseph Gutierrez** finishing 1st & 2nd in the Men's 1500 Freestyle. Gravley and Gutierrez were joined by **Mihail Amiorkov**, **Chloe Freeman**, **Reese Hazan**, **Reese Lamph** & **Grace Siebmann** in Indy.

In the final meet of the season, the *NCSA* contingent reunited with Sullivan in New York along with **Nick Becker**, **Haris Kurtagic**, and **David Miller** to compete at the *Speedo Junior National Championships*. As a team, the Sandpipers finished 8th place overall against the best 18&Under swimmers in the country. Gravley (1500FR, 800FR), Gutierrez (1500FR, 800FR), Hazan (400IM), Lamph (800FR, 1500FR), Siebmann (400IM), and Sullivan (800FR, 400IM, 400FR, 1500FR) all pitched in Top 16 finishes. Seven team records fell during the 5-day meet.

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

TWO TROPHY FINISHES AT THE SUMMER JO MEETS

Sandpipers Bring Home Hardware at BOTH SoCal & Central JO Meets

The months of July & August are notoriously busy for swimmers and their families. The Summer of 2017 was no exception for the Sandpipers of Nevada. From July 26 through August 12, we competed in EIGHT different meets in SIX different cities across the country. The JO Meets kicked off the Championship meet stretch.

At the Southern California JO meet, hosted in Santa Clarita, 53 teammates raced to the FIRST EVER JO team title in the Sandpiper's history. It was a total team effort across the age groups, highlighted by a first-place boys team finish. 15 team records were broken at the meet including 6 relay records.

Meanwhile, further north in Clovis, California, 51 Sandpipers sweated out the heat and competed at the *Central California JO Championship*. When the dust settled, the Sandpipers walked away with a 3rd place team finish. Amongst tons of best times and new SoCal qualifying times, **Carson Phifer** won high point for the 8&Under boys. The 15&Over Girls 400 Medley Relay (**Rau, Barber, Cuisson, De Luna**) took home the only relay championship for the Sandpipers.

SANDPIPERS WIN SENIOR ZONE CHAMPIONSHIP

Third Straight First Place Team Finish

The Sandpipers traveled with 35 teammates to Clovis, California for the *Arena Western Zone Senior Championship* and successfully defended our Team Title! The meet featured more than 1,000 competitors from over 100 different teams including several All-Star teams. The group did an outstanding job cheering and truly coming together as a team. The coaching staff received many compliments from other teams and officials about what good teammates the Sandpipers are.

In the water, numerous new Junior National, Winter Junior, and Sectional times were posted. A couple of individual highlights were **David Miller** qualifying for the US Open in the 200 Butterfly and **Haris Kurtagic** tying for first place in the Men's High Point standings. Both the Men's and Women's 800 Free Relay were Zone champions. Three team relay records were also broken during the five-day meet.



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SANDPIPERS REWRITE LONG COURSE RECORD BOOK

84 Team Records Downed in 2017

SCS Summer JOs

Luke Ellis: 10&U 100Back-1:17.79

Audrey Yu: 11-12 50Free-28.04, 50Back-32.54

Paige Kuwata: 11-12 200Free-2:10.52, 400Free-4:34.66, 100Back-1:08.59, 50Fly-29.47, 100Fly-1:03.91, 200IM-2:27.17

11-12 Girl's 200 Free Relay: K.Francis,P.Kuwata, B.Sims, A.Yu – 1:55.73

11-12 Girl's 400 Free Relay: K.Francis,P.Kuwata,B.Sims, A.Yu – 4:09.52

11-12 Girl's 200 Medley Relay: M.Carmichael, A.Yu, P.Kuwata, K.Francis – 2:09.80

11-12 Girl's 400 Medley Relay: A.Yu, O.Barber, P.Kuwata, K.Francis – 4:43.93

13-14 Boy's 200 Free Relay: M.Ma, B.Barrieault, T.Houston, N.Nazarov – 1:44.28

13-14 Boy's 400 Free Relay: B.Barrieault, M.Ma, T.Houston, N.Nazarov – 3:48.29

Arena Western Senior Zones

Senior Women's 400 Free Relay: E.Piccininni, V.Gutierrez, O.Dockery, A.Emery – 3:59.41

17-18 & Senior Men's 400 Medley Relay: N.Becker, A.Mohamed, D.Miller, D.Sweirket – 3:58.36

NCSA Summer Swimming Championship

Reese Hazan: 15-16 100Back-1:05.49

Joseph Gutierrez: 15-16 200Free-1:55.45, 400IM-4:31.38

U.S. Open Swimming Championship

Erica Sullivan: 15-16 & Senior 400Free-4:09.43, 1500Free-16:05.83

Logan Houck: Senior 400Free-3:51.91, 800Free-7:56.05, 1500Free-15:01.70

Carter Grimes: Senior 400IM-4:22.97

North American Challenge Cup

Kamika Francis: 100Free-1:01.31

Paige Kuwata: 800Free-9:23.24, 1500Free-17:52.70 ***SCS RECORD***, 200Fly-2:19.30 ***SCS RECORD***, 200IM-2:25.43, 400IM 5:04.65

Speedo Junior National Championships

Erica Sullivan: 15-16 & Senior 800Free-8:33.49, 400IM-4:48.97

Reese Hazan: 15-16 100Back-1:05.49

Brennan Gravley: 15-16 1500Free-15:29.86

Joseph Gutierrez: 15-16 400IM-4:29.87

INTRODUCING SANDPIPER *TEAMFEED*

TeamFeed is the newest feature on our team website. It was created to increase communication and feedback between coaches and the swimmers/parents. TeamFeed is similar to your social media News Feeds; coaches can post pictures, notes, videos and even the workout their group completed.

Check out the latest posts directly from the [team website](#) or your OnDeck app!

8 THINGS YOU DIDN'T KNOW ABOUT IRON

- 1) Two types of iron exist in food
- 2) Iron transports oxygen in the body
- 3) Iron requirements are high during teen years
- 4) Iron deficiency & anemia are 2 different things
- 5) Iron deficiency anemia is more than being tired
- 6) Growing swimmers are at risk for iron deficiency anemia
- 7) If you have anemia, you're unlikely to fix it with food
- 8) Multivitamins with iron are probably not sufficient to treat a deficiency

-Courtesy of [USA Swimming](#)-

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

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

2016-17 SCHOLASTIC ALL-AMERICANS SELECTED

Three Sandpiper Teammates Honored

USA Swimming announced the selections for the 2016-2017 *Scholastic All-American* award. **Nicholas Becker, Carter Grimes, and Joseph Gutierrez** were selected among over 1,100 sophomores, juniors, and seniors across the country who met the criteria. To qualify to apply, athletes must meet requirements in both the classroom and pool. The requirements are a 3.5 GPA or higher, and at least one USA Swimming *Winter Junior National* qualifying time.

Nick and Joseph are first time honorees. This is Carter's third time being selected!

NUMEROUS VOLUNTEER POSITIONS OPEN

The Sandpipers Need Your Help! A Note from the Volunteer Team

The Sandpipers host several successful meets throughout the year. It would be impossible to do so without our relentless volunteers helping us during these meets. In order to continue hosting high caliber meets, we have volunteer positions that need to be filled. These positions count as service hours towards your volunteer minimums. They are also a great way to get involved with the team, learn more about swimming, and meet new Sandpiper members.

We are looking for volunteers for:

Meet Director

Program Creator

CTS Operator

Food Truck Organizer

Set-up/Breakdown Crew

Tent/Canopy Organizer

Announcers

Hospitality Donation Organizer

If you are interested in volunteering, please contact sandvolunteerteam@gmail.com. We are more than happy to provide more details about what each position is and what it entails. Some of the positions can also be split between two families! So, if you and another family want to take on a role, we can make that work. Details about the positions and volunteering can also be found under the "[Parents](#)" tab on the Sandpiper Team Website. Thank you in advance! We are excited for a fabulous new season!



"The Real Team Player"

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

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