



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 22

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WELCOME TO THE 2020-2021 SEASON!

A Letter from Coach Ron, Head Coach/CEO

I would like to welcome all new and returning Sandpiper families to the 2020-2021 season!

After a hugely successful 2019 season, the 2020 season was cut short due to the pandemic. We couldn't swim or train how we were used to. Instead of doing nothing and waiting for pools to open, myself and the Sandpiper staff worked vigorously to create a way to continue to train and educate our swimmers.

Thank you all for helping us make that successful! Without your constant support, loyalty, and passion to improve, our alternate training routes wouldn't have been as great as they were. It is because of YOU that we were able to keep advancing when so many others halted. Thank you!

During the last six months, we've learned how to work through both small and large obstacles. That's why this next season will be our best yet.

It's already started with a tidal wave! In the last two months, we've hosted the first sanctioned swim meet and first open water meet in the nation since the closure. It takes a strong team to make this happen. Right now, we're the strongest we've ever been. I am beyond excited to see this team's relentless hard work and commitment continue to pay off.

We are looking forward to many opportunities in the 2020-21 campaign. We will continue to diligently work so we can host and create more swim meet opportunities. With pools becoming slightly more lenient with their protocols, our practice times have increased, which will result in us showing them we can safely handle ourselves in and out of the pool.

The next planned swim meet—the West Coast Open Water Champs—is in October. We're thrilled to have this opportunity to host another competition. As the season goes on, we will slowly move back into normality. 2021 will bring a fresh start for swimmers across the nation, and to cap off the end of the season, the 2021 Olympic Games will be held in Tokyo, Japan.

Before then, the 2021 US Olympic Trials will be held in June. Sandpipers sent one swimmer to Olympic Trials in 2008, five in 2012, and 10 in 2016. The team's goal for the 2021 Trials is to send TWENTY! Despite the many setbacks of last year, we're close to our goal with 14 athletes!

I am confident in our team's willingness to do whatever it takes to be the best. This last season proved we have more than enough passion to do so. Thank you again for your continued support for this team. I look forward to what this next season brings.

Coach Ron

COACH'S CORNER

An Interview with Coach Felicia

The Sandpipers have a diverse coaching staff, with a mixed bag of backgrounds and experience. While most of them were affiliated with Sandpipers in some way before coaching, some of them were not. Coach Felicia is one of our coaches who came to us from out of state! When she moved to Vegas, she saw the Sandpiper tables at Desert Breeze and, recognizing our name, applied for a position.

We're so thankful to have her with us! Coach Felicia is a wonderful asset to our team. Keep reading for a short peek into her life and a brief interview.

Coach Felicia started swimming at five years old for the Santa Fe Seals. To this day, she holds two 10 & Under New Mexico state records. In high school, she was state champion in the 100 Breaststroke and captain of the Women's team. Coach Felicia then transitioned to competing at California State University Bakersfield, where she specialized in the 400 IM, 200 IM, and the 200 Backstroke.



Coach Felicia graduated CSUB with a degree in Kinesiology and an emphasis in Exercise Science. While attending school—and while swimming competitively—she coached for Roadrunner Aquatics for five years before moving onto coaching at the collegiate level. Now, she coaches Yellow 2 and several Stroke Schools for Sandpipers. Before starting chiropractic school, she helped with White 1 and the team store.

How long have you been with Sandpipers?

I have been coaching for Sandpipers of Nevada for 2 years now.

What do you like best about coaching?

The best thing about coaching is seeing the kids grow as swimmers and young adults.

What's your go-to hobby to relax? To get your adrenaline going?

I enjoy listening to country music and working out.

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

What made you decide to go to chiropractic school?

I wanted to attend chiropractic school because I am very interested in injury prevention, and I want to be able to help people live their daily life pain free.

What's your favorite restaurant in Vegas?

My favorite restaurant in Las Vegas is Battista's Hole in the Wall.

Do you think chiropractic school will help you in coaching?

I believe having a better understanding of how the human body works will help me immensely as a coach and have better knowledge of how to prevent injuries.

What's your favorite swimming moment?

I would say the best swimming moments were when my teammates would cheer me on when I was racing. Feeling the support from them always gave me the boost I needed to perform.

What's some advice you can give to the swimmers reading this?

Everything worthwhile takes effort and practice, so enjoy the process and believe in yourself!

SANDPIPERS HOST FIRST SWIM MEET IN THE NATION

Team Intrasquad Meets Big Success

In July, the Sandpipers held the first sanctioned swim meet in the country since March 15. In August, the team held a second meet, this time for six training groups. Athletes arrived at 5 am and 6:45am for warm ups, in staggered sessions. It was limited to more experienced groups, and they were allowed three events per day, in a three-day meet. Because of this, each session was finished within ninety minutes—less time than practice! Despite this quick format, most athletes swam best times, and six team records were broken.

Hosting this meet is a huge accomplishment. We're so appreciative to our facility partners for allowing us to be creative and find ways to provide for our swimmers. We're also thankful to the older swimmers for testing out these very different meet formats. Their experience and knowledge help us ascertain the best way to approach swim meets.

Our goal is to gain enough data with the older swimmers so we can host meets for all groups on our team. While we are still some time from being able to do so, we are steadily making our way there. Please look forward to more information in the future!

SANDPIPERS NAMED TO USA SWIMMING NATIONAL TEAM

Sullivan Ties for Most Qualified Female

Typically, USA Swimming selects the top 6 athletes in each Olympic event as national team members. However, due to the pandemic this year, they altered their criteria to fit the situation. As such, all members of the previous national team and anyone who swam faster than the 6th fastest time in the country prior to March 17th were added to the team.

Four Sandpipers were named members of the USA Swimming National Team. **Erica Sullivan**, who tied for most events qualified as a female, was selected for the 400, 800, and 1500-meter Freestyle, as well as the 10K Open Water. **Brennan Gravely** was selected for the 10K. **Cody Miller** qualified in the 100 and 200 Breaststroke. **Blake Peironi**—the newest athlete on the list to wear a SAND cap—qualified in the 100 and 200 Freestyle.

Aside from the title, being named to the National Team provides special training and financial benefits for the athletes. Congratulations on the tremendous honor Sandpipers!

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SIX SANDPIPERS JOIN 2019-2020 SCHOLASTIC ALL-AMERICAN TEAM

SAND Only Team in Las Vegas to Earn Selections

At the end of each long course season and academic year, USA Swimming names eligible athletes to the Academic All-American team. In order to be awarded this honor, swimmers must have completed their academic year, maintained a 3.5 grade-point average, and obtained a 2019 Winter Junior qualifying time in any individual event.

Six Sandpipers earned this honor in the 2019-2020 season! Keeping a balance between school and swimming can be extremely challenging. Our athletes were the only swimmers in Las Vegas to be selected. They proved it is more than possible to excel in both the pool and the classroom.

Congratulations to **Brice Barrieault** (2 years, West Point), **Caleb Gould** (3 years, BYU), **Sawyer Grimes** (3 years, Minnesota), **Paige Kuwata** (2 years), **Arabella Sims** (1 year), and **Audrey Yu** (2 years)!

SANDPIPERS HOST TWO OPEN WATER MEETS

On September 12, the Sandpipers hosted the first USA Swimming sanctioned open water meet in the nation since quarantine. The *Las Vegas Open Water Invitational* was held at Lake Las Vegas. Swimmers from California and Nevada competed in either the 5k, 2.5k, or the 1.25k. Sandpiper athletes came out on top in the men and women's 5k (**Dylan Gravley, Abby Dunford**), the 11-12 boys and 11-12 girls 2.5k (**Gabriel Manteufel, Peyton Kerby**), and the boys 11-12 1.25k (**Cody Sprague**).

Thank you to all of the officials, life guards, coaches, athletes, and volunteers who made this meet run flawlessly and safely! We all came together in big ways to make this event happen. For it to run as well as it did is a big shout out to our team and team affiliates.

The team is set to host another open water meet on October 17th and 18th in Lake Las Vegas. This meet, the *West Coast Open Water Championships*, is open to all teams in the country. This event is slated to feature higher level races and potentially some very big names in USA Swimming. We're thrilled to have this opportunity. In order to make this meet run as smoothly as the last, we ask that everyone step up once more and show how capable we are at hosting safe, organized, and fun swim meets.

Everything we do helps our team obtain better opportunities for our swimmers. Open water events are only one way we can demonstrate our willingness, determination, and team camaraderie.

TEAM RECORD UPDATE

6 Team Records Broken at First Sanctioned Meets

SAND August 2020 Intrasquad [LCM]

Katie Grimes: Women 13-14 200 Back—2:16.03

Bella Sims: Women 15-16 200 Free—2:00.86; 100 Back—1:04.37; 200 IM—2:19.20

Erica Sullivan: Women Senior 200 Free—2:00.49; 100 Back—1:04.06

TYR Pro-Swim Series #3 Des Moines [LCM]

Bowe Becker: Men Senior 50 Free—22.64; 100 Free—50.23; 100 Fly—56.02



AVAILABLE AT BODYLINE SWIM

CALLING ALL SANDPIPERS!

Many of you are realizing that in the age of COVID you may not be able to be on deck or see your kid swim other than via video for some time.

At the same time, we are finding we are in need of officials, C6 operators, and administrative officials.

Many of you have volunteered for years at positions where you can't volunteer anymore: Hospitality, Timing, Runner, check-in, etc.

What is the solution to all of these things? Email me and ask me about becoming an official, C6 operator, or administrative official. There isn't a lot of training involved, and you get to be on deck with your kid AND support the team.

Even if you only have one or two years left "in swimming," now is the time to get involved. We need swim officials. We are losing many of our longtime officials and need to reload and recruit parents of our younger swimmers. Many don't realize, but while it is easy enough to become a certified official, it takes many years to reach the level in which you can help run a meet. For this reason, it is important to recruit parents of our younger swimmers to become officials.

Reach out to Shay Kerby at kerbyfamily@me.com or ask your coach how you can help!

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