



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 18

11/25/2019

BLUE AND YELLOW FLY AT STATE!

SAND Crushes Mid-Season Competition

November 8th through the 11th, the *Nevada State Championships* were hosted by BCH at Heritage Park Aquatics Center. One-hundred and eighty-two Sandpipers attended the championships. Swimmers from all ages and groups attended. All who did showed the Sandpiper spirit!

During the four-day competition, the 11& older athletes swam prelims in the morning, with the top twenty (thirty for 15 & over) making it back for the finals at night. Many swimmers raced, sweat, and earned their way into top spots! Several of whom won medals. Congrats **Carson Phifer**, **Caleb Kattau**, and **Nikita Nazarov** for winning your respective age group high-point awards.

Also noteworthy, the 11-12 boys took 1st-2nd-3rd-5th-6th-8th & 9th places in the high point standings!

The younger athletes also proved Sandpipers is a force of will and strength! From groups spanning from White

2 to Age Group Elite, the ten and under swimmers competed fiercely. Between a rally of support and little rest between events, Sandpipers fought their way into top three finishes, best times, and new qualifications.

The perfect recap of the meet was shown during the swim-offs. When two (or more) swimmers tie for a deciding spot (say tenth and eleventh place, where each would swim in a different heat), the athletes go head to head to determine who gets the higher place. Sandpipers had three swim-offs. In each one, SAND athletes and parents rocked the building with their cheers and confidence!

Congratulations to everyone who attended! Every meet is a great opportunity for Sandpipers to show our unity, support, work-ethic, and grit. State was just the start of a wonderful season!

UPCOMING EVENTS

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- **Toyota US Open Champs**
Dec. 4-7 / Atlanta, Georgia
Hosted by *USA Swimming*
- **Las Vegas Super Finals Invite**
Dec. 12-15 / Pavilion Center
Hosted by *Sandpipers*
- **KMSC Pro-Am Classic**
Dec. 19-22 / Lewisville, Texas
Hosted by *King Marlin*
- **Frosty Fling**
December 20-21 / Pavilion Center
Hosted by *LVSC*
- **Dynamo Eastern Classic**
Jan. 17-19 / Atlanta, Georgia
Hosted by *Dynamo Swim Club*
- **Winter Invite**
Jan. 25-26 / Pavilion Center
Hosted by *LVSC*
- **Team Banquet**
Jan. 31 / Santa Fe Hotel & Casino
- **Desert Champs**
Feb. 14-17 / Pavilion Center
Hosted by *Sandpipers*
- **SCS 14 & Under JOs**
Mar. 12-15 / Pasadena, CA
Hosted by *ROSE*
- **Sand vs BCH Dual Meet**
April 14 / Pavilion Center
Hosted by *Sandpipers*
- **April Rock the Blocks**
April 24 / Desert Breeze
Hosted by *Sandpipers*
- **Cinco de Mayo Invite**
May 1-3 / Pavilion Center
Hosted by *Sandpipers*
- **May Rock the Blocks**
May 29 / Desert Breeze
Hosted by *Sandpipers*
- **US Olympic Trials**
June 21-28 / Omaha, NE

SAND MAKING A DIFFERENCE IN AND OUT OF THE WATER

Annual Nevada Senior Games a Huge Success with Help from the Sandpipers

In 1980, the *Nevada Senior Games Association* was founded to provide people in the second half of their lives with motivation and inspiration, fueled by athletics. Swimming is just one of the sports these competitors participate in.

Every year, the Sandpipers of Nevada's Senior groups offer their support at the Senior Games Championship Swim Meet. This includes timing, cheering, helping the meet run smoothly, and doing whatever they can to support the athletes. This is a big opportunity for Sandpipers to give back to the community. It's fun, loud, and heartwarming. Below is a snippet of a letter addressed to Sandpipers from Senior Game participant Thia Smith:

"I wanted to thank you for having the Sandpiper kids at the Senior Games! I travel from New Mexico to participate in the swim meet. Having the kids there is the greatest! I can't explain in words, but in emotion it's 110% uplifting, energetic, charismatic, great vibes, enthusiastic, fun, and touching"



A MESSAGE FROM THE VOLUNTEER TEAM

We are midway through the Short Course Season for 2019-20. Please log onto your Sandpiper Account via the Team Website and check your Service Hours. You should try to be completing an average of 2 hours per month to meet the 14-hour requirement. The Support Team recommends using www.sandpipersofnevada.com to sign up for Volunteer Positions as you can see more details about the job, etc. **not the OnDeck App.**

*****If your swimmer(s) are competing at the LAS VEGAS SUPER-FINALS MEET, your family will be REQUIRED TO COMPLETE 4 Hours of Volunteer work at that meet*****

Thank you to those of you who attended our First New-Parent Meeting held in October. **We will be hosting another NEW PARENT MEETING Saturday, January 11th, 12:00 pm at the Bodyline Swim Shop.** If you would like to attend, please mark your calendars.

Also, we are looking for a few committed Sandpiper family members to train and learn how to Operate the CTS (timing system) and assist at the Admin Table for upcoming Sandpiper Hosted Meets. We are hoping to get a few more Sandpipers trained and able to volunteer on a regular basis in these imperative jobs at our hosted meets. If interested please contact us at: sandvolunteerteam@gmail.com.

If you have any connections for Food Donations, Discounts on Food, such as Bagels, Donuts, Sandwiches, Restaurants that would donate a lunch/meal for Officials and Coaches, please contact us. You can fulfill your service hours by supplying food donations at Sandpiper Hosted Events

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

SEVEN SANDPIPERS ATTEND SELECT CAMPS

Over the same weekend as the *Pumpkin Invitational*, October 19th and 20th, five Sandpipers attend Southern California Swimming's Diversity and Inclusion Select Camp. The purpose of this camp is to "create an atmosphere of motivation and educational opportunities for athletes of underrepresented cultural, ethnic, and socioeconomic groups to develop the necessary leadership skills to excel in their sport and their home communities."



Congratulations to **Arianna De Luna**, **Nardia Potijaroen**, **Nathan Troung**, **Kaylee Tsai**, and **Tyler Watchalapong** for being selected! They spent a weekend connecting, learning, and interacting with swimmers who represent less than 10 percent of the current USA Swimming Membership. Oh! Forgot to mention the event was hosted by Olympic Gold Medalist Cullen Jones. How cool is that!?

A week before the Inclusion camp, **Paige Kuwata** and **Bella Sims** attended the National Select Camp at the Olympic Training Center in Colorado Springs. Each fall, 48 male and 48 female athletes are selected to participate in this camp based on the best long course times for each event in the 13-16 age group in the country.

At this camp, athletes learn about post-race recovery, drug and supplement rules, psychological training skills, nutrition, race strategy, and much more. They also get to meet many other swimmers their age and make lifelong friends. Congratulations to all the Sandpipers who participated in these camps! Way to represent our team!



FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



www.facebook.com/SandpipersofNevada



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



[@sandpipersofNV](https://twitter.com/sandpipersofNV)

AMERICAN COLLEGE CONNECTION HOSTS COLLEGE SWIMMING SEMINAR

Lori Payne Provides Sandpipers with Insight into Swimming at Next Level

Lori Payne, a former College Swimming Coach and *American College Connection* recruiter, hosted a clinic at Bodyline designed to help athletes and parents know what to expect during the strenuous college recruiting process. It's not all about speed! Parents and swimmers learned there is so much more to swimming in college than they thought. Below are Lori's major take-aways that everyone should know.

- 1) Register with the NCAA Eligibility Center as a 9th grader.** The purpose of the Center is to determine if a student-athlete is academically eligible—and an amateur athlete (not getting paid to do so)—to compete in college. While they will not guide student-athletes in how to receive eligibility; it is a great first step in determining someone's status. [Follow this link to register.](#)
- 2) Log your workouts and goals.** As Lori said, "Tracking your progress shows ownership of your craft (swimming)." At SAND, all coaches teach their swimmers how to be accountable for their performances in practices and meets, and how to improve them. Keeping track of how one swims is part of this. It helps swimmers understand how close they are to their goals and gives them ideas about how they can accomplish said standards. Essentially, keeping track of your performance makes you a better swimmer!
- 3) Use caution with social media.** It's nearly impossible to not interact with social media on a daily basis, especially when you're a teenager. Be careful with what you post! Coaches and colleges look at how well-rounded athletes are. They will look at your social media accounts! Post only the positive aspects of your life. That could be how great your friends are; that you're thankful for your family; time you spent volunteering in the community; or even that breakfast was surprisingly delicious. Not only will being positive on social media attract more respectable colleges/people, it'll also make you more positive. A good attitude is the first step in everything, especially swimming well.
- 4) Athletes need to do the recruiting leg work.** For most athletes, getting noticed by colleges will require a lot of work on your end. E-mailing coaches, filling out questionnaires, writing essays requires time and attention to detail. It is essential that the athletes are taking ownership of their recruiting and doing all of these things. College coaches will know if Mom and Dad are the ones doing these things and it will NOT help that athlete stand out.
- 5) 1200 SAT | 26 ACT.** Those are the average scores on the National Standardized tests that most colleges will begin to consider Merit based aid for potential students. Obviously, these are not the end all be all. High School GPA, class rank and course selection are still a major factor in college admissions. However, 1200/26 are solid goals to shoot for when planning to take the SAT and ACT.

HOLIDAY BREAK 2019

Our team break is **December 22nd through January 5th**, which coincides with the Clark County School District school break. Enjoy your time off with family and friends, and come back fresh and renewed, ready to work! There will be organized workouts for all groups attending travel meets in January. Don't forget to wear your Sandpiper shirts over the break!

HAPPY HOLIDAY TO ALL OF OUR SANDPIPER FAMILIES AND FRIENDS!

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!

DESERT BREEZE MAINTANENCE CLOSURE

The Sandpipers Staff was informed that the Desert Breeze Aquatics Center will be closed starting Thursday, November 28 for an extended period of time. Clark County plans to replaster the pool surface and assess the in-water lighting for repairs.

The Sandpipers have been working closely with the Office of County Commissioner Justin Jones and Clark County Parks & Recreation leadership to minimize the impact of this closure. The closure was initially scheduled for October. Through this work, we were able to get the closure postponed.

Unfortunately, it was later determined that this maintenance needed to take place before the end of next summer. Our goal is to bring all involved parties, including Real Property Management, together to discuss the streamlining of future Desert Breeze maintenance closures.

The team is actively working on a schedule to accommodate all of our groups. We will do our absolute best to maximize the available pool space. While the changes might not be as convenient for your family, the Sandpiper Staff will not compromise the development of your athletes. As soon as this schedule is finalized, it will be published to you.

Your flexibility and support through these challenges are an essential part of what separates us from other teams. We appreciate all that you do to make the Sandpipers of Nevada one of the best programs in the country.

On behalf of the Sandpiper Staff,
Coach Michael Kinross

If you have experience with the Clark County offices or Real Property Management, please contact Coach Jake (usaswimcoachjake@gmail.com)

Want access to your time database, Sandpiper news, workout log and more on the go?

Make sure to download TeamUnify's *OnDeck* app to access to the Sandpipers from your mobile device!
(Available in the Apple and Google Play stores)



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

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

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!

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.

Email Shay Kerby at kerbyfamily@me.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."

SEVEN SANDPIPERS NAMED SCHOLASTIC ALL-AMERICANS

USA Swimming Recognizes Top Student-Athletes with Annual List

1,634 athletes across the nation were selected as USA Swimming's *Scholastic All-Americans*. Seven Sandpipers were on this list. In order to receive this accolade, athletes must maintain a minimum 3.5 grade point average, be in grades 9-12, and obtain a Winter Junior time qualification. In the last 2 years, the number of named athletes has increased by 500.

Congratulations to **Chloe Freeman, Paige Kuwata, Audrey Yu, Brice Barrieault, Caleb Gould, Gavin Gould, and Sawyer Grimes** for your outstanding academic and athletic performances!

SANDPIPERS TITLED SWIM TEAM OF THE WEEK

BSN & SwimSwam Interview Coach Ron About Team's Sustained Success

The Sandpipers of Nevada were selected as BSN's Sports Swim Team of the Week! The featured article on SwimSwam is a weekly honor for teams across the county who are continually placing athletes on National and Junior National Teams.

Keep up the great work SAND! Everything we do makes us better. This is proof our daily work ethic differentiates us from the competition. You can read the full article here:

<https://swimswam.com/bsn-sports-swim-team-of-the-week-sandpipers-of-nevada/>



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

TEAM RECORD UPDATE

7 team records taken down at State; 2019 Total at 152

DSS September Invite BRW Meet [SCY]

Luke Ellis: Men 11-12 200 Free—1:52.66; 500 Free—4:58.58; 1000 Free—10:12.47; 200 Breast—2:26.14; 200 IM—2:07.96; 400 IM—4:25.29

BCH vs SAND Duel Meet [SCY]

Bella Sims: Women Senior 100 back—54.76; Women 13-14 100 Back—54.76; 200 IM—1:59.85

Pumpkin Invitational [SCY]

Bella Sims: Women 13-14 200 Back—2:00.21

Luke Ellis: Men 11-12 100 Free—52.04; 500 Free—4:56.18; 1650 Free—17:04.48; 100 Back—58.46; 100 IM—1:00.17

Nevada State Championships [SCY]

Bella Sims: Women 13-14 200 Fly—1:58.55

Caleb Kattau: Men 11-12 50 Fly—26.13; 100 Fly—57.60; 100 IM—1:00.17

Women 8 & Under Medley Relay: P. Chary, A. Johnson, V. Niepielska, I. Barrieault—1:17.59

Men 11-12 200 Medley Relay: J. Imasa, S. Thornton, C. Kattau, V. Hoffman—1:53.49

Men 11-12 200 Free Relay: J. Imasa, V. Hoffman, S. Thornton, C. Kattau—1:42.71

November 2019 Rock the Blocks [SCY]

Carson Phifer: Men 10-Under 200 Back—2:23.38



AVAILABLE AT BODYLINE SWIM

MICHAEL PHELPS

Bodyline Swim Shop
SALE
30% off Practice Suits

SALE ENDS SAT. NOVEMBER 30!



*Exclusions apply

PIC-COLLAGE