



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 20

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COACH'S CORNER

An Interview with Coach Lindsey

With nearly 400 Sandpiper swimmers, multiple locations are required to give all our athletes proper pool time.

Coach Lindsey Elsing (formerly Leeming) is the Head Coach for our Centennial Hills YMCA location, located on the northwest side of town. Over 75 swimmers train there. During the 7 years of this location, countless athletes have swam with Coach Lindsey before moving into groups at Desert Breeze or prepared for the High School swim Season at the YMCA.

As for Coach Lindsey, she is a fun, elite coach with many swimmers earning top 3 finishes at JO's, and some who have placed in the top 10 in the nation. She was born and raised in Vegas, and recently married last May! Let's get to know Coach Lindsey:

Q: How long have you been with Sandpipers?

A: I have been coaching since May 2001. I was a junior in HS and I took some of our novice level swimmers. I started swimming with Sandpipers in

1999, starting off in the HS group.

Q: What do you like about coaching?

A: The best thing about coaching is seeing these swimmers work their way through our program. Starting off as a novice swimmer at 9 or 10 years old and in a blink of an eye they are with Coach Chris in Age Group Elite, then off to Coach Ron's National Elite group accepting scholarships to an amazing college.

Q: What do you do in your time off?

A: Time off?? What is that? I currently Coach all 7 groups at our YMCA location. I live at the pool each afternoon. So, I guess the answer is eat and sleep.

Q: What's your favorite meal?

A: Chips and salsa all day. And mashed potatoes!!! But not mixed together, that would be gross.

Q: What's your dream vacation?

A: Anywhere tropical! Toes in the sand, the sun hitting my skin, and the sounds of the waves rolling in.

Q: Any advice to the swimmers reading this?

A: To all our swimmers ... you have picked an AMAZING sport. Stick with it through the tough times and the rough patches, for the friends and memories you will make as a Sandpiper last a lifetime.



TEAM VIRTUAL CURRICULUM LAUNCHED

The Sandpiper coaching staff officially kicked off the team's online learning program the week of April 6 in response to the Coronavirus outbreak. Sandpiper athletes will have multiple online meeting sessions with their group and coach a week. These sessions will include dryland, stroke education, mental preparedness, and more!

The staff is excited for the opportunity to continue educating our athletes through the Virtual Curriculum. The interactions between coaches and teammates will surely help us all get through these difficult times, and prepare us the best for the transition back into the water when the time comes. Stay strong SAND!

INTRODUCING THE UPGRADED SANDPIPER TEAM WEBSITE

New Platform Features Major Overhaul

The Sandpipers have upgraded the team website to TeamUnify's newest operating platform. **Coach Thomas** has been working on this major overhaul for several months now. You will notice an entire new design of the homepage and individual menus. The biggest difference with the new operating platform is the site's mobility capabilities. The new site is formatted to be significantly more friendly on mobile phones and tablets.

All of the Event Sign-up and account features remained largely unchanged. **Accounts can be managed by clicking on your name in the top right corner of the site from any page.** A few other pages to highlight:

- Check out the new and improved [Swim Faster](#) page with links to articles relating to various aspects of competitive swimming, both in and out of the water.
- Brand new [Safe Sport](#) page that has links to all of team policies and incident reporting information.
- [Updated coach bios.](#)

There are still pages we are working to update and overhaul. If you come across any issues or have a suggestion, please share it with [Coach Thomas](#). There will be a little bit of an adjustment period to get accustomed to the new site. More team improvements will be unveiled in the coming months!



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

SANDPIPERS OUTSWIM COMPETITION

Yearly Meet Results in First-Place Finish

174 Sandpipers competed at the TYR Desert Committee Championships hosted at Pavilion Center Pool February 15-17th. Over three days, the Sandpipes outcheered, out-supported, and outswam their competitors, earning a first-place team finish.

Unlike most meets, this competition gave swimmers of all ages a chance to swim a prelim-final format meet, something 10 & Under athletes don't normally get to do. The excitement and support they brought was incredible! They raced every inch of their events, gaining best times, new qualifications, and top 8 finishes. The points they brought helped secure Sandpipers' overall victory.

Much was the same on the older swimmers' side: best times, top finishes, new qualifications, and seven NEW team records. Many of the finals heats were filled with Yellow caps—something we love! However, they didn't only swim fast. The older swimmers also brought ample support and cheers for their younger counterparts, resulting in a true team effort. Meets like this, where Sandpipers comes together and acts like a family, is what we strive for! And it's incredibly fun for those involved.

Shout out to the volunteers who helped make this meet possible! Hosting meets, especially ones this large, takes a lot of work. Our swimmers enjoyed a wonderful weekend because of all the work you put into it behind the scenes. Thank you!

FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



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CONGRATULATIONS BROOKE FULHAM

Sandpipers Official Earns N3 Certification

Did you know there are only four officials in Las Vegas who can officiate at a USA Swimming National level meet, and TWO of them are on Sandpipers? The process to become N3 certified is lengthy, demanding education, mentorship, and experience working at championship level meets. After all of that is accomplished, an evaluation is performed to determine whether an official possesses the necessary skills.

Congratulations Brooke Fulham for earning her N3 Officials Certification! Having officials who are just as motivated as our athletes to grow and master their craft is just another reason the Sandpipers continue to be the most successful team in Las Vegas.



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CALLING ALL SANDPIPERS!

Have you ever wondered how to become more involved in your child's swimming activity? Sandpipers is looking for new Officials to begin the certification process. Officials are a crucial component to every meet, and every sanctioned/approved swim meet requires a minimum number of trained/certified Officials. Without certified Officials, Sandpipers would not be able to offer sanctioned meets. Officials are crucial to providing a fair and well-run swimming event for all competing swimmers. Please consider supporting your swimmer and our Sandpipers team by becoming a valued Sandpiper/USA Swimming Official.

Southern California Swimming is the governing body for USA Swimming in Nevada. Sandpipers is looking for parents interested in becoming entry-level Officials, called Stroke & Turn Judges. Stroke and Turn Judges are the Officials that observe swimmers during competition to ensure that the technical rules of USA Swimming are followed. The training/certification process to become a certified Stroke and Turn Judge is very straightforward, and one that you can navigate at your own pace.

WHAT'S INVOLVED?

Stroke & Turn Judge Candidates: First, you will begin by shadowing a more senior Official on deck during Sandpipers swim meets. Then, you will take and pass an online, open book test. After passing the test you will complete (5) apprenticeship sessions (on-deck training with another certified Official). You can work during a meet session when your child is swimming or during other sessions - whichever works for you.

HOW DO I GET STARTED?

1. Contact our Officials Coordinator, Shay Kerby, to let her know that you're interested in becoming an Official. Shay can be contacted via email at kerbyfamily@me.com or you can simply call her at 520-665-8714 and she can get you started.
2. First year certification costs include a USA Swimming Non-Athlete Membership Fee (\$65), a Clinic Fee (\$16), and payment for a background check required by USA Swimming (\$38). The USA membership and background check are not required until after your apprenticeship period.
3. Once you are certified and begin working at meets as a certified USA Swimming Stroke and Turn Judge your Sandpipers service hours will be covered.

That's it! Please support our team by becoming a USA Swimming Certified Official.



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Sandpiper Alumni Update – 2019-20 Collegiate Season

Class of 2019

Caroline Anderson (Pepperdine): At the *Pacific Collegiate Swim Conference Championships* – Led team with 5th place finish in the 200 Fly, added lifetime best in the 100 Back leading off the Medley Relay. The Waves finished in 2nd place for the second consecutive year.

Portia Blackert (Dixie State): At the *Rocky Mountain Athletic Conference Championships* – In their final season as a Division II school, Blackert threw down all best times, including a 4th place finish in the 500 Free. She finished as the 10th highest scorer in the meet.

Tyler Edlefsen (Brigham Young): At the *Mountain Pacific Sports Federation Championships* – Having already picked up 3-National consideration times in November, Tyler added to his monster Freshman campaign with a pair of 3rd place efforts in the 200 & 400 IMs to help the Cougars to a 2nd place finish.

Brennan Gravley (Florida): At the *Southeastern Conference Championships* – The Gators won their 8th consecutive SEC title with lifetime best contributions from Gravley in the 500 Free, 1650 Free & 400 IM. Gravley's 1650 ranked 12th in the country and earned him an invite to the 2020 NCAA D1 Championships.

Joseph Gutierrez (Missouri): At the *SEC Championships* – Competed in the 500 Free, 1650 Free and 400 IM; swam a season best 500 and added a lifetime best 200 Fly at the *Mizzou Last Chance* meet. The Tiger Men finished in 5th place overall at SECs.

Ren Prescott (Catholic): At the *Landmark Conference Championship* – In route to earning Conference Rookie of the Year honors, Prescott was victorious in the 500 Free, 1650 Free and added a 4th place finish in the 400 IM. All his swims were season best times. The Cardinals won their 4th straight conference Championship.

Bryce Rounds (Mount Saint Mary's): At the *Coastal Collegiate Sports Association Championships* – Competing in the 200, 500, & 1650 Freestyles, Rounds threw down all season bests in his CCSA debut. Bryce's highest finish came in the 1650 where he earned 14th place points for the Mountaineers.

Class of 2018

Charlotte Brereton (Grand Valley State): At the *Great Lakes Interscholastic Athletic Conference Championship* – Swam season bests in the 1000 Free, 200 Fly & 400 IM. Additionally, Brereton's 400 IM was the best of her collegiate career.

Allie Emery (Pacific): At the *MPSF Championship* – Picked up a lifetime best time in the 50 Free while adding 12th place points. Added season bests in the 100 & 200 Free. Additionally, swam on 4 of the Tiger relays, including the 4th place 800 Free Relay.

David Miller (Cal. Baptist): At the *Western Athletic Conference Championships* – Despite the bizarre circumstances that saw a water main break causing the entire meet to be reformatted, Miller battled through to a lifetime best in the 100 Fly. He added 16th place points in the 200 Fly as well.

Ahmed Mohamed (Cal. St. Bakersfield): At the *WAC Championships* – Competing in the same unfortunate circumstances as Miller, Mohamed raced to collegiate best times in the 100 & 200 Breast and the 200 & 400 IMs. The Roadrunners finished the championship in 6th place overall.

Everett Rojas (Lindenwood): At the *Great Lakes Valley Conference Championships* – In the Lions first year in the conference, Rojas brought home season best times in the 500 Free, 1000 Free and 200 Fly.

Dylan Sweikert (Cal. Baptist): At the *WAC Championships* – After an injury plagued freshman year, Sweikert bounced back with lifetime best swims in the 50 Free and 100 Free. The Lancers finished the reformatted *WAC Championship* in 5th place.

Class of 2017

Mihail Amiorkov (Cal. Poly): At the *MPSF Championship* – Finished his junior season with season best times in the 200 Fly and 400 IM, both good for 9th place as the Mustangs took 5th overall on the men's side.

Olivia Dockery (Nevada-Reno): At the *Mountain West Championships* – Helped the Wolfpack to a second consecutive runner up finish. Olivia threw down lifetime bests in the 100 Free, 100 Fly, and 200 Fly.

Carter Grimes (Mizzou): At the *SEC Championships* – Scoring valuable team points in all of his events, Grimes finished his junior season with season best times in the 200 Back and 200 Fly, taking 13th & 9th place respectively.

Emelia Piccininni (Cal. Poly): At the *MPSF Championship* – Stepped up on all three Mustang Freestyle relays, highlighted by a 7th place finish in the 800 Free Relay. Added a season best time in the 100 Backstroke as the Mustangs took 6th place overall.

Richard Selznick (Brandeis): At the *University Athletic Association Championships* – Swam to all seasons bests as the Judges finished in 8th place as a team. Selznick's highest individual finishes came in the 400IM and 1650 Freestyle where he took 18th place in each.

Alli Warnick (BYU): At the *MPSF Conference Championship* – Her season best times came in November at the *Mizzou Invite* where she swam the 200 Back, 200 IM & 400 IM. Warnick's 200 Back was her lifetime best time and first time under the 2:08 barrier.

Class of 2016

Hailey Houck (Cal. Poly): At the *MPSF Championship* – Houck finished her swimming career scoring points for the Mustangs in 3 events: the 1650 Free, 200 Fly, and 400 IM. All three events were season best times, including a 6th place finish in the 200 Fly.

Nick McDowell (Purdue): At the *Big 10 Championships* – In his final campaign as a Boilermaker, McDowell scored pints in the 1650 Free. He also raced to lifetime bests at the mid-season meet in the 200 Free and 200 Fly.

Adri Piccininni (Pacific): At the *MPSF Championship* – Piccininni finished her collegiate career on a high note, swimming to season bests in all 3 individual events, along with earning second swims in the 200 Fly and 400 IM. The Tigers finished in 7th place overall.

Be sure to check out our [Collegiate Info Tab](#) on the Team Website for a complete list of our College Alumni along with tons of resources and articles for help finding the best college for you!

TEAM RECORD UPDATE

19 Team Records Fall in Early 2020

2020 Eastern Classic-Presented by Speedo– [SCY]

Caleb Kattau: Men 11-12 100 Breast—1:07.49

Men 13-14 400 Medley Relay: 3:45.64—S. Singhal; J. Fulham; I. Kharun; L. Ellis

TYR Pro-Swim Series #2 – Knoxville— [LCM]

Bella Sims: Women 13-14 200 Free—2:01.84; 200 Fly—2:13.88; 400 IM—4:50.60

Katie Grimes: Women 13-14 200 Back—2:16.15

Audrey Yu: Women 15-16 50 Free—26.35

Erica Sullivan: Women Senior 400 Free—4:06.36

2020 TYR Desert Committee Championship—[SCY]

Bella Sims: Women 13-14 50 Free—23.12; 200 Back—1:56.24; 100 Fly—52.84

Women Senior 100 Fly—52.84

Erica Sullivan: Women Senior 200 back—1:55.76

Caleb Kattau: Men 11-12 200 Breast—2:26.01

Women 17-18 200 Free Relay: 1:39.78—E. Breslin; P. Sondgeroth; D. Cuison; V. Gutierrez

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

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