



THE SANDPIPER SKINNY

Sandpipers of Nevada

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COACH'S CORNER

An Interview with Coach Alonzo

As one of the most successful club teams in the nation, Sandpiper coaches are always looking and learning for the best ways to train our athletes. Strength and conditioning (dryland) is one of those critical components. Aside from increasing strength, it can also help you be more flexible and help prevent injuries — both of which are crucial for swimmers.

Coach Zo is Sandpiper's strength and conditioning coach. He helps write the workouts for all Sandpiper athletes and teaches the coaches on movements, workouts, and the philosophies of S & C.

Coach Zo is a former UNLV football player. After graduation, he started working with those athletes before branching into athletes of every variety—including professional baseball and hockey players, and many Olympic athletes. Finally, in



Coach Zo and Cody Miller (2016)

Coach Zo became the Sandpipers Strength Coach. Keep reading to learn more!

How long have you been with Sandpipers?

I started working with the Sandpipers in 2007. An athlete came to me at my former gym specifically for increasing upper body strength and general performance. After a few months of training, Coach Ron took notice of her changes and came to my gym to inquire about our philosophy and methods. He “cautiously” agreed to try our program with a handful of his top swimmers at the time, including Cody Miller and Coach Cutter! After a couple meets where those swimmers had noticeable performance jumps, Coach Ron was sold on our program.

What do you like best about coaching swimmers?

Swimmers are very cerebral athletes with a relentless work ethic. I believe they care about not just what but “why” they do the things they do to enhance performance. The swimmers I've worked with—from ages 11 years old up to masters level—are inquisitive about my methodology, and

once they understand the WHY, their work ethic is second to none.

What do you recommend any swimmer do right now—outside of the water—to help them become better?

RECOVERY! Recovery is often one of the most underappreciated pillars of human performance, which are: 1) mindset; 2) nutrition; 3) training; & 4) recovery. Athletes—swimmers especially—put a tremendous amount of daily strain on their bodies, so without proper fueling (nutrition) and recovery methods, the physical and mental stressors can overload the system and negatively impact performance. The most successful athletes

emphasize eating properly for optimal health and body composition, getting enough sleep at night, and using different soft tissue modalities to recover from the rigors of training (rolling out/stretching).

What are your hobbies?

I am a big movie buff, and I love golf! When the weather is cooler, you can catch me on a scenic hike.

What's your favorite meal to cook (or eat)?

When I do cook (rarely), I'm usually making breakfast or grilling. I love Mediterranean food.

What's the one area swimmers historically need to work on, strength wise?

Swimmers obviously have a

great need for upper body and core strength. In my evaluations, many swimmers need to strengthen postural muscles (read abs, hips, and back muscles) and balance the asymmetries a repetitive swimming stroke can create. Get those flutes firing!

What's your go-to karaoke song?

Something from Prince or Nirvana's "Smells Like Teen Spirit."

What's the first thing you do after a tough workout?

After a tough workout I'll either refuel with BCAAs (branched-chain amino acids) or a vegan protein and hit the sauna for 15min.



SANDPIPERS BREAK TOP 25 FOR BEST AGE GROUP TEAMS

ASCA Age Group Ranking Places SAND Amongst Best

In May of 2020, the American Swimming Coaches Association (ASCA) compiled a list of the top 100 USA Swimming Age Group teams. They used athletes in the 9-10 division and 11-12 divisions only to create this list. Rankings are based on 2019 long course times through the condensed short course season.

After collecting this data, ASCA ran two virtual championship meets—both long course meters and short course yards. They used a ten-lane pool, had both finals and consolations, and scored the top twenty swimmers in each event, not including relays. Scoring a total of 226 points, Sandpipers placed 25th in the nation, 5th in SCS, and 1st in Las Vegas. The Sandpipers were the only local team to be ranked.

Though these are based on virtual meets, these results are a big deal! Our younger swimmers are just as dedicated and work just as hard as the older athletes. They're the people who will keep Sandpipers swimming strong for years! Shout out to ALL of their accomplishments.

COACH CHRIS NOMINATED FOR AGE GROUP COACH OF THE YEAR—AGAIN

Since 1986, ASCA has been honoring the top Age Group Coaches in the nation. It started out small with other coaches nominating and voting. Then—with the convenience of the internet and readily available information—they were able to make this honor a national program based on objective data.

ASCA uses the results in USA Swimming's National rankings to determine the top 100 Age Group teams. They then pair the coaches with the swimmers and recalculate the results, compiling the coaches with their swimmers' points. Once again—for the third time—Coach Chris Barber has been nominated for USA Swimming's Age Group Coach of the Year.

Thank you, Coach Chris, for all that you do! We're so thankful to have your wisdom, guidance, and motivation on Sandpipers. Keep being an incredible coach.

COMMUNICATION CHANGES TO SANDPIPERS

Team Admin Restructures Coaches and Parent Reps

With the ever-increasing turmoil and confusion of our current times, Sandpipers of Nevada implemented a new communication system for practice schedules. The purpose of this change is to improve SAND communication and streamline team troubleshooting.

You will no longer receive emails from parent reps. Instead, you will receive practice schedule updates and other important team information from a lead level coach. Your group coach will still email you information regarding the Sand Virtual Curriculum and anything that pertains to just your group. Please feel free to address any questions or concerns to your group coach or your lead level coach.

Again, this system is put in place to improve communications and ensure all information regarding the team comes from Sandpiper coaches and staff. Thanks for your continued patience during these trying times!

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

OUTLOOK FOR SUMMER AND FALL

With the ongoing Pandemic and uncertainty of our times, it is impossible to predict the future. However, the situation is changing every day. City pools have reopened, with two county pools opening their outside facilities. We hope that as Sandpipers continues to be the Gold Medal standard for club teams, facilities will see our desire to put safety and precautions first, and as such, give us more leniency for pool lap lane rentals.

All Sandpipers have done an excellent job adhering to protocols so far. We ask that you continue to be diligent and respectful no matter where we train. These little details are what set us apart from the other teams—and what allow us to be thought of first when more lenient procedures are available.

Keep up the great work, Sandpipers. We still strongly encourage temperature and wellness checks at home. If you have a fever, cough or other symptoms, **PLEASE STAY HOME**. Any questions and concerns should be addressed to Coach Jake or Coach Michael.

CONGRATULATIONS CLASS OF 2020!

Eight Sandpipers to Swim Collegiately

As of June 17th, 2020, eight Sandpipers have committed to swim in college in the fall. Congratulations to all of their hard work and well-earned accomplishments. This is a very exciting next chapter to their life and swim careers. We look forward to seeing what you make of yourselves!

The committed swimmers and where they'll attend are Dylan Becker—University of Utah, Emma Breslin—Colorado State University, Danyael Cuison—Dixie State University, Sawyer Grimes—University of Minnesota, Victoria Gutierrez—TBD, Hunter Harbauer—Cal. Baptist University, Reese Hazan—University of Alabama, and Ethan Houck—University of Denver.

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