



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 17

9/27/2019

SANDPIPERS CAN'T BE STOPPED

SAND Completes Historic Summer 2019

Across five championship-level meets, Sandpipers of all ages proved grit—the strength to never back down—is crucial to success.

July 24th through the 28th, Sandpipers brought 38 swimmers to Mission Viejo for the Southern California Swimming Junior Olympics. Most of the swimmers who attended made it back to finals, while ALL of the swimmers came ready to race. As a team, we chose to fight into every finish. This led the Sandpipers to dozens of best times, many top 8 finishes, an SCS record and 14 team records.

The final results had the Sandpipers taking fifth for overall team points.

During the same weekend in Clovis, California, 49 Sandpiper teammates competed at the Central California Junior Olympics. In similar fashion to their SCS teammates, the Sandpipers raced into best times, four team records, top 8 finishes, and a 3rd place team finish. Shout out to **Alina Johnson, Izabella Barrieault, Brooke Burns & Makena Manteufel** for SMASHING the Girls 8-Under 200 Free and 200 Medley Relay team records.

UPCOMING EVENTS

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- **October Rock the Blocks**
Oct. 11 / Desert Breeze
Hosted by Sandpipers
- **Pumpkin Invite**
Oct. 18-20 / Pavilion Center Pool
Hosted by Sandpipers
- **Nevada State Meet**
Nov. 9-11 / Heritage Park
Hosted by BCH
- **November Rock the Blocks**
Nov. 15 / Desert Breeze
Hosted by Sandpipers
- **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 SAND
- **KMSC Pro-Am Classic**
Dec. 19-22 / Lewisville, Texas
Hosted by King Marlin
- **Frosty Fling Invite**
Dec. 20-21 / Pavilion Center
Hosted by LVSC
- **January Rock the Blocks**
TBD / Desert Breeze
Hosted by Sandpipers
- **Dynamo Eastern Classic**
Jan. 17-19 / Atlanta, Georgia
Hosted by Dynamo Swim Club
- **LVSC January Invite**
Jan. 25-26 / Pavilion Center
Hosted by LVSC
- **February Rock the Blocks**
TBD / Desert Breeze
Hosted by Sandpipers
- **Team Banquet**
Feb. 1 / Santa Fe Hotel & Casino



On the Senior-level side, Sandpipers crushed the Western Zone Senior Championships in Clovis. With only twenty-three swimmers, the Sandpipers gritted their teeth and out-raced their competition, bringing home the second-place team trophy. This couldn't have happened without the constant cheers and support from teammates.

Two noteworthy swims were thrown down in Clovis; **Luke Ellis** smashed the SCS record in the 11-12 Boys 1500 Free. Not to be forgotten, **Nikita Nazarov** broke Cody Millers 15-16 100 Back team record.



August 6th through the 10th, ten Sandpipers competed in Indianapolis for the NCSA Summer Championships. To say we crushed it is an understatement. Sandpipers placed fourth in overall team points, bringing home 12 new Olympic Trial qualifications, 3 National Age Group Relay Records, 1 SCS record, Female high-point, and Male performance of the meet.

Congratulations the four Sandpipers who made their first Olympic Trials Cuts: Katie Grimes, Paige Kuwata, Arabella Sims, and Dylan Becker. So close to #20in20! **WHO'S NEXT??**

Sandpipers didn't only compete in the USA! Erica Sullivan and Brennan Gravley

competed in the FINA World Cup Series. This is an international series of meets, which boasts some of the best swimmers in the world, over the course of several meets. Erica and Brennan raced in Tokyo, Japan, Jinan, China, and Singapore.

The three-week race series was highlighted by Sullivan picking up gold at the Jinan stop in the 400 Free, along with team records in the 400 and 800 Free. Not to be out down, Gravley broke his own team mark in the 200 Free.

Swimming well is the purpose-driven accumulation of effort and skill, and making the constant commitment to never back down. Sandpipers does this better than anyone. Congratulations to all, and keep up the great work!

FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



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

US NATIONAL & JUNIOR NATIONAL TEAMS ANNOUNCED

Sandpipers Well Represented on Team USA for 2019-2020

The USA Swimming National Team is the elite of elite athletes. Each year, the team is chosen based on top six placements for each Olympic event in the country. Athletes selected to these teams earn the right to go to special training camps, automatic entry into meets, and can use National Team funding.

Congratulations to **Brennan Gravley** (Open Water), **Cody Miller** (100 & 200 Breast), and **Erica Sullivan** (800, 1500 Free & OW) for earning their spot on the US National Team.

In correlation with this, five Sandpipers earned spots on the National Junior Team. To make the Junior National team, athletes must finish in the top six in their event amongst all 18 and Under swimmers in the country. Congratulations to **Katie Grimes** (800 Free), **Dylan Becker** (1500 Free), **Brennan Gravley** (800 & 1500 Free), **Sawyer Grimes** (Open Water) and **Joseph Gutierrez** (Open Water) on your selections. The Sandpipers placed more athletes on the National Junior Team than any other club in the country. Historically, 42% of athletes who make the National Junior Team go on to earn a spot on the US National team.

A MESSAGE FROM TEAM SUPPORT

Welcome Sandpiper Families to the 2019-2020 Swim Season!

Sandpiper Team Support has a few reminders as we kick off the new year of swimming. If you have moved up from Stroke School you are NOW RESPONSIBLE for Service Hours and Fundraising. If you are brand new to the team you may have a pro-rated amount due. All returning members will be completing 24 Service Hours per family this year.

****Please note, if you are swimming in the Team Hosted *Las Vegas Super Finals Invite*, each family must provide 4 of their 14 short course hours of volunteering during this meet.**

24 service hours are required for the 2019-2020 Team Year.

***14 hours required for short course season, August-February, unmet hours billed on March 1.**

***10 hours required for long course season, March-July, unmet hours billed on August 1.**

To check your Service Hour Balance:

- Visit the team website: www.sandpipersofnevada.com
- Log into your account
- Click on: *My Account*
- Click on: *\$ My Invoice/Payment*
- Click on: *Service Hours Tab* You will see your REMAINING BALANCE of Hours Due for the Season.

To read more about Service Hours and Fundraising, please locate the Policies & Procedures for the year, located on the team website, Select the *Parents tab*, and Click on: *Team Documents*

If you have any questions please feel free to contact Team Support at: sandvolunteerteam@gmail.com

The Volunteer Team can be reached at sandvolunteerteam@gmail.com

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

A MESSAGE FROM THE COACHING STAFF

Sandpiper Scheduling Update

Dear Sandpiper Families,

The Sandpipers Staff is aware of the current difficulties in our group scheduling. We apologize for the inconsistencies in our schedule and greatly appreciate your patience during this time. To better meet the needs of all of our members, the Sandpipers have secured water time at two additional facilities. Our younger groups are rotating using the Stone Sports Swim School while our older groups are rotating using Municipal Pool. Each year, our practice facilities close for renovations, our water time is adjusted for things like high school and middle school swimming, and other circumstances that are simply out of our control. We understand that you may feel like notice of these changes is at the last minute; we feel the same way. When we are made aware of these changes, we work as quickly as possible to create a new schedule and get that information to you.

When this happens, we do our best to provide each group with the best possible training opportunities and scheduled times. This sometimes creates challenges to you, and we appreciate your support of your swimmers and our team when this happens. We are working daily to find solutions that will solidify our pool space and continue to create the best possible training environment for every member of the Sandpipers.

Thank you for your relentless support and go SAND!

Sandpipers of Nevada Staff

COACH RON HONORED FOR THIRD TIME

Others Coaches to Receive Honor Include Olympic Coaches David Marsh and Bob Bowman

At the yearly United States Aquatics Sports Convention, Sandpipers of Nevada Head Coach and CEO **Ron Aitken** was honored with two awards for the performances of our athletes. For the third time in four years, Aitken received USA Swimming's *Developmental Coach of the Year* award. Developmental coach is determined by the number of athletes represented on US National and Junior National teams. Additionally, he was honored with the USA Swimming *Open Water Achievement* award.

This historic consistency is a tribute to Aitken's relentless work ethic and meticulous planning. That work ethic trickles down to the Sandpiper Coaching Staff and instilled in every single one of our athletes. This success is truly a team effort – the effort of the athletes, staff, parents and anyone that supports the Sandpipers of Nevada. Congratulations Coach Ron!

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)



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NEW SEASON BRINGS MORE THAN A DIFFERENT COURSE

An Approach to Learning

If you've been on Sandpipers long enough, you know every year we restructure groups. Sometimes this means shuffling swimmers or coaches around, but it always means getting a fresh start.

There's so much to learn on Sandpipers—even if you have the same coach. Here are four ways to maximize your learning curve coming into the short course season.

- 1) **Learn from the past.** Look back on your last two or six months of swimming. Is there anything you wish you'd done better? Maybe perfect that flip-turn, or work a little harder? Well now's your chance! Don't bode on your past, but use it as fire to improve yourself.
- 2) **Listen to your coach.** This may seem obvious—spoiler: it is—but that's precisely why it's so important to talk about. It's like having access to clean water or using a car. We tend to take things for granted. Your coach is no exception. So take a step back, breath, and truly listen to what your coach is saying. If you do, you'll improve your technique, have more fun during practice, and become stronger and faster. It really is that simple!
- 3) **Focus,** or as I like to call it, **active concentration.** It doesn't mean just quickly thinking about something, it means actively doing your best to continuously think about it. For instance, if your coach tells you to streamline, you should be thinking about doing it off every wall, not just the first one. Another example: if your coach tells you to race, that means sprinting your guts out every yard, not the last 10. Focusing is an action. You have to choose to do it. In a month from now, you'll be happy you did.
- 4) **Befriend your teammates.** Friendship is truly wonderful. It makes you feel better. Stronger. It doesn't mean suddenly becoming besties either. It means saying and doing things for your teammates that will make them feel good, which in turn will make you happier. The best part? Being friends with your teammates makes you a better swimmer. Don't believe me? Better start practicing your compliments.

SANDPIPERS REPRESENT AT OPEN WATER SELECT CAMP

Gould and Kuwata Bring Home Medal for Team USA

USA Swimming hosts a plethora of select camps every year. These camps are used as stepping-stones towards greater success. The attendees are selected based on top finishes as well as top times. Historically, Sandpipers has great representation at these camps.

Amongst 25 athletes from 20 different clubs, five Sandpipers were chosen to participate in the Open Water National Select Camp. **Nick Becker, Caleb Gould, Katie Grimes, Paige Kuwata, and Coach Michael** spent six days in Wisconsin training for the 2019 UANA Junior Pan American Championships.

This was an incredible experience for all who attended. They brought home knowledge, new teammates, and a bronze medal in the 14-17-year-old 5k Relay.



NEW TEAM SHIRTS HAVE ARRIVED!

2019-2020 Season Shirts are Available at Bodyline

The new Sandpiper Team shirts for the 2019-2020 are now available for pick up at Bodyline Swim Shop. All REGISTERED members are able to pick up their complimentary shirt beginning Monday, September 30.

Complimentary shirts for all registered athletes are only available for pick up until October 30. After October 30, the new shirt will be available for sale. A second shirt order will be made if we run out of your size prior to October 30.

Parents, grandparents and all Sandpiper fans are welcome to purchase our new shirts and other SAND apparel at Bodyline. The shirts cost \$15.99. Shout to **Sawyer Grimes** for his fabulous artwork on the shirt.



TEAM RECORD UPDATE

51 Records at Summer Meets; 2019 Total at 129

CCS Junior Olympics – Clovis [LCM]

Lewis Bateman: 8 & Under 50 Breast – 46.93; 100 Breast – 1:42.96

8 & Under 200 Free Relay: Johnson, Barrieault, Burns, Manteufel – 2:51.42

8 & Under 200 Medley Relay: Barrieault, Johnson, Burns, Manteufel – 3:15.08

SSC Junior Olympics – Mission Viejo [LCM]

Audrey Yu: 13-14 50 Free – 26.23

Luke Ellis: 11-12 100 Free – 59.04, 200 Free – 2:05.09, 400 Free – 4:21.15, 100 Back – 1:04.86, 200 IM – 2:17.91 ***SCS Record***

Jack Fulham: 11-12 50 Free – 27.57, 50 Breast – 32.98, 100 Breast – 1:11.61, 50 Fly – 28.94

11-12 200 Free Relay: Fulham, Kattau, Imasa, Ellis – 1:51.73

11-12 400 Free Relay: Kattau, Fulham, Imasa, Ellis – 4:06.06

11-12 200 Medley Relay: Ellis, Fulham, Kattau, Imasa – 2:02.30

11-12 400 Medley Relay: Ellis, Fulham, Kattau, Imasa – 4:29.66

Western Zones Senior Champs – Clovis [LCM]

Nikita Nazarov: 15-16 100 Back – 1:00.19

Luke Ellis: 11-12 800 Free – 9:05.06, 1500 Free – 16:58.15 ***SCS Record***

NCSA Summer Swimming Champs – Indianapolis [LCM]

Audrey Yu: 13-14 50 Free – 26.16, Senior 50 Free – 26.16

Bella Sims: 13-14 200 Free – 2:02.65, 13-14 & Senior 100 Free – 56.76, 200 IM – 2:16.96 ***SCS Record***

Katie Grimes: 13-14 400 Free – 4:14.84, 800 Free – 8:41.52, 1500 Free – 16:41.51, 200 Back – 2:16.93, 400 IM – 4:51.13

Paige Kuwata: 13-14 200 Fly – 2:15.32

Tyler Edelfsen: 17-18 400 IM – 4:23.16, 17-18 & Senior 200 IM – 2:03.77

13-14 & Senior 200 Medley Relay: Sims, Yu, Kuwata, Grimes – 2:01.98

13-14 400 Medley Relay: Sims, Yu, Kuwata, Grimes – 4:26.51

13-14 & Senior 200 Free Relay: Sims, Grimes, Kuwata, Yu – 1:47.13 ***National Record***

13-14 400 & Senior Free Relay: Sims, Yu, Kuwata, Grimes – 3:52.43 ***National Record***

13-14 800 Free & Senior Relay: Kuwata, Grimes, Yu, Sims – 8:20.88 ***National Record***

FINA World Cup #2 – Jinan [LCM]

Erica Sullivan: 17-18 & Senior 400 Free – 4:08.70, 800 Free – 8:26.13

Brennan Gravley: 17-18 200 Free – 1:54.53

BCH Desert Invitational [SCY]

Luke Ellis: 11-12 100 Back – 58.89

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