



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 13

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Sandpipers Awarded Gold Medal Status Fourth Straight Honor for Club

The Sandpipers of Nevada has been recognized as a Gold Medal Club for the 4th straight year by USA Swimming's *Club Excellence Program*. The program identifies clubs that execute strong, well-rounded programs that produce elite 18-and-under athletes. The top 20 clubs earn the Gold level ranking. **The Sandpipers finished 5th in the rankings for 2018.**

Furthermore, this year, in accordance with USA Swimming's Excellence program recognition, Sandpipers were named to the *2019 Podium Club*. This honor is given to teams that have obtained a Gold Medal ranking for four consecutive years. The only two other teams that received this honor in 2019 are Carmel Swim Club (IN) and Nation's Capital Swim Club (PV).

This recognition proves the diligence of every Sandpiper. While obtaining a Gold-medal status is a difficult feat—and an excellent one to highlight—it's tenfold more difficult to be named a Podium Club.

Consistency is key. The Gold Medal rankings are awarded based on a point system. Swimmers first have to qualify for the Gold Medal rank, then based on their performance, they are given a certain amount of points for their individual swims. In 2009, Sandpipers of Nevada had

three swimmers (Cody Miller being one of them) score Gold Medal points for our team. Throughout these 10 years—and because of the extraordinary work-ethic, determination, focus, and grit our team values—we've worked our way up to 13 swimmers scoring points. That's a 430 percent increase!

In addition to earning the title of "Gold Medal Club", gold and silver medal clubs are eligible to apply for a grant through USA Swimming. This grant is then used to continue to better the club through purchases like training equipment or building the Bodyline Gym, to name a couple.

We are proud of what we have accomplished. You should be too! We wouldn't have achieved any of this without you. Thank you for all of your efforts. Let's continue this success and strive to be a Gold Medal Club every year.



UPCOMING EVENTS

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- **Dual Meet vs Canyons**
Jan. 26-27 / Pavilion Center
Hosted by *Sandpipers*
- **Team Banquet**
Feb. 2 / Santa Fe Hotel & Casino
- **Desert Champs**
Feb. 16-18 / Heritage Park
Hosted by *BCH*
- **February Rock the Blocks**
Feb. 22 / Desert Breeze
Hosted by *Sandpipers*
- **SCS 14&U JOs**
March 14-17 / Pasadena, CA
Hosted by *ROSE*
- **March Rock the Blocks**
March 22 / Desert Breeze
Hosted by *Sandpipers*
- **Swim-a-thon Fundraiser**
March 31 / Pavilion Center
- **Long Course Intrasquad**
April 7 / Pavilion Center
Hosted by *Sandpipers*
- **April Rock the Blocks**
April 26 / Desert Breeze
Hosted by *Sandpipers*
- **Cinco de Mayo Invite**
May 3-5 / Pavilion Center
Hosted by *Sandpipers*
- **Open Water Nationals/Juniors**
May 3-5 / Miami, FL
Hosted by *USA Swimming*
- **May Rock the Blocks**
May 17 / Desert Breeze
Hosted by *Sandpipers*
- **Memorial Day Invite**
May 24-26 / Muni. Pool
Hosted by *DSS*
- **JAG Last Chance Qualifier**
June 7-9 / Pavilion Center
Hosted by *LVSC*

LAS VEGAS SUPER FINALS RECAP

Sandpipers Overwhelm Competition at Annual Invite

November 29th through December 2nd, three-hundred and thirty swimmers from nine different teams and five different states competed at the Las Vegas Super Finals Invite. At the end of the weekend, we were named Team Champions, thanks to our 100 swimmers who competed. However, despite having nearly a third of the athletes, numbers weren't the only thing that assured our victory: We know how to compete.

7 new Individual Team Records were established at Super Finals. 15 relay records were broken as well. This is a testament to our work ethic, and our ability to step-up and race our competition. It's the things we do in practice that make the difference at meets. Please see the section on Team Records for names and events.

Our swimmers weren't the only ones working hard either! Shout out to all of the parents and volunteers who made Super Finals possible. This was a huge hosting feat. It ran smoothly because of your efforts, which made the meet fun, a success, and most importantly, gave the swimmers wonderful opportunities. Thank you.



Sandpipers Take Silver at Winter Nationals

Four Teammates Punch Ticket to Omaha

Coming off intense Thanksgiving practices with little rest, ten Sandpiper teammates raced into a second-place team finish at USA Swimming's *Winter National Championships*. What makes this feat even more incredible was the second-place combined finish the Sandpipers competed with only 18 and under athletes!

The meet, held in Greensboro, North Carolina saw the Sandpipers collect 5 individual 18-U National Championship titles. Congratulations to **Erica Sullivan** and **Brennan Gravley** for bringing home golds.

Winter Nationals also doubled as the first opportunity for athletes to qualify for the 2020 Olympic Trials. **Erica Sullivan**, **Reese Hazan**, **Chloe Freeman**, and **Brennan Gravley** were the first Sandpipers to achieve qualifying times, but they won't be the last! 16 more to reach our goal of having 20 Sandpipers in Omaha #20in20. To cap it off, three team records fell at the hands of **Sullivan**, **Hazan** and **Tyler Edlefsen**. Check out the *Records Update* section for more detail.

SERVICE HOUR BILLING REMINDER

A Message from the Volunteer Team

With the of the Long Course season on the horizon, here is a reminder of your Service Hour Agreement:

24 service hours are required for the 2018-2019 Team Year

-12 hours required for the short course season, August-February, unmet hours billed on March 1.

-12 hours required for the long course season, March-July, unmet hours billed on August 1.

Stroke School groups are exempt from service hours unless competing in a meet

For Sandpiper hosted meets, if timing positions are not filled online through the meet job sign up, they will be assigned to swimmers entered in the meet. If you cannot complete the job, it is your responsibility to find a replacement or notify the Volunteer Team at sandvolunteerteam@gmail.com. A \$50 no-show fee will apply if the position is not filled, unmet service hours are billed at \$25 per hour.

The CANY Dual Meet (Jan. 26-27) is the next opportunity to earn hours! We will need help, thank you in advance!

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

Winter Rock the Blocks Championships Recap

Rock the Blocks Winter Champs Finishes 2018 on High Note

Over 150 Sandpiper athletes competed in the *Rock the Blocks Winter Championships*, which took place on December 1st and 2nd in-between Super Final's prelim and finals sessions. There were hundreds of best times, and an equal amount of new SCAT cuts, something the coaching staff is excited about.

Hosting two meets in one weekend is not easy. Both were great meets for our team too. Shout out to all of our volunteers for making both meets a big success, and congratulations to the swimmers who stepped-up, took the initiative, and swam their way to more than just smiles and SAND Dollars. Remember to come stop in Bodyline Swim Shop with your SAND Dollar to redeem your free cap! You earned it!

THREE SANDPIPERS SELECTED TO TEAM SCS

SAND Well Represented at *Pacific Coast All-Star Meet*

Southern California Swimming has announced the team selected to compete at the annual *Pacific Coast All-Star Meet*. Congratulations to **Katie Grimes**, **Arabella Sims**, and **Luke Ellis** on your selection to the SCS 2019 Team! Selection is based on an application process that looks at where each swimmer ranks in their respective age group in Southern California across all-events. From there, the Top-8 11-12 and 13-14s that applied are chosen for the team. Only short course yard times competed between September 1 through December 9, 2018, are considered.

This annual age group meet pits Southern Cal's best up and coming athletes against a similar field from the Oregon, Pacific, and Pacific Northwest LSC's. Last year, SoCal ran away with the team title and we are excited for our Teammates to help defend that title! The Sandpipers tied for third most athletes selected for the team this year.

In addition to SAND sending three athletes, **Coach Jake Des Roches** has been asked to be the Lead Coach for the 11-12 Boys. Congrats Coach Jake on your appointment! The SAND crew will be heading down to Commerce, California for the two-day meet held January 5-6th.

ANOTHER SUCCESSFUL WEEKEND IN TEXAS

Sandpipers repeat as Team Champs at *Pro-Am Classic*

Sandpipers secured another victory at the King Marlin Swim Club's *Pro-Am Classic*, the last meet of the year for our team. This is the second consecutive year we've earned the Team Champs title. The SAND girls placed 2nd overall while the boys took home the 1st place team trophy. Between the two groups, we more than doubled the second-place finisher's points (SMU).

Amongst the 25 Sandpipers who competed in Lewisville, Texas, 14 individual and 6 team records were broken. Please refer to the section on Team Records for further detail... You'll want to check it out! In addition, **Brennan Gravley** and **Joseph Gutierrez** tied for the Bill Rose-Male Distance High Point award. Meanwhile, **Erica Sullivan** earned the Female Bill Rose award and **Reese Hazan** took the overall Female High Point title.

Records weren't the only reason this weekend was a blast! Olympic Gold-Medalist Cody Miller sported his true colors—blue and yellow—representing Sandpipers of Nevada in his first competition since Nationals this summer. He wasn't the only Pro-athlete to fly Sandpiper colors in Texas either!

Will Licon, an American Record Holder and US National Team Member, was the only Non-Sandpiper in the A-Final of the Men's 400 Individual Medley. He decided to wear a SAND cap, which rallied our team even further! Thank you, Will, for making such a fun decision. You will always be an honorary Sandpiper! It was an incredible way to end this truly enjoyable—and rewarding—weekend.

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

FINAL TEAM RECORD UPDATE OF 2018

46 Team Records Broken in December; 2018 Team Final Total 177

Winter Nationals – [LCM]

Chloe Freeman: 15-16 200 Free – 2:03.04

Reese Hazan: 17-18 100 Back – 1:05.76

Tyler Edlefsen: 17-18 200 IM – 2:07.51

Las Vegas Super Finals – [SCY]

Katie Grimes: 11-12 200 Free – 1:53.83; 500 Free – 4:55.78

Audrey Yu: 13-14 50 Free – 24.06; 100 Free 51.90

Brice Barrieault: 13-14 100 Free – 48.37; 500 Free – 4:40.06; 400 IM – 4:11.51

Women 11-12 200 Free Relay: A. De Luna, M. Jolley, M. Grabowski, K. Grimes – 1:43.77

Women 11-12 400 Free Relay: A. De Luna, M. Jolley, Z. Zachariou, K. Grimes – 3:48.50

Women 11-12 800 Free Relay: A. De Luna, M. Jolley, M. Okamoto, K. Grimes – 8:17.87

Women 13-14 200 Free Relay: B. Sims, K. Francis, E. Marinovic, A. Yu – 1:37.85

Women 13-14 400 Free Relay: A. Yu, K. Francis, E. Marinovic, B. Sims – 3:32.50

Women 13-14 800 Free Relay: A. Yu, K. Francis, K. Glavas, B. Sims – 7:46.38

Women 15-16 400 Free Relay: E. Breslin, K. Ruberio, P. Sondgeroth, V. Gutierrez – 3:35.76

Men 11-12 800 Free Relay: L. Ellis, V. Hoffmann, J. Malmquist, C. Kattau – 8:21.05

Men 13-14 200 Free Relay: R. Park, T. Miller, S. Singhal, B. Barrieault – 1:34.50

Men 13-14 400 Free Relay: T. Miller, R. Park, S. Singhal, B. Barrieault – 3:25.44

Men 13-14 800 Free Relay: N. Truong, T. Miller, R. Park, B. Barrieault – 7:31.67

Men 13-14 200 Medley Relay: T. Miller, S. Singhal, B. Barrieault, R. Park – 1:45.29

Men 13-14 400 Medley Relay: T. Miller, S. Singhal, B. Barrieault, R. Park – 3:49.01

Men 13-14 200 Medley Relay: T. Miller, S. Singhal, B. Barrieault, R. Park – 1:45.29

Men 15-16 400 Free Relay: C. Gould, M. Ma, H. Aitken, N. Nazarov – 3:15.44

Men 15-16 800 Free Relay: C. Gould, E. Houck, J. Sullivan, N. Nazarov – 7:03.29

KMSC Pro-Am Classic – [SCY]

Audrey Yu: 13-14 50 Free – 23.75; 100 Free 51.89

Reese Hazan: 17-18 & Senior 100 Back – 55.20, 200 Back – 1:56.71

Erica Sullivan: 17-18 & Senior 200 Free – 1:45.72, 500 Free – 4:37.95, 1000 Free – 9:17.32 ****17-18 & OPEN SCS RECORDS****,
1650 Free – 15:36.52 ****17-18 & OPEN SCS RECORDS****

Women Senior 400 Free Relay: C. Freeman, A. Yu, V. Gutierrez, R. Hazan – 3:27.04

Men 15-16 400 Free Relay: D. Becker, C. Gould, H. Aitken, N. Nazarov – 3:14.37

Men 15-16 800 Free Relay: G. Gould, D. Becker, C. Gould, N. Nazarov – 6:53.95

Men 15-16 400 Medley Relay: D. Becker, G. Gould, C. Gould, N. Nazarov – 3:33.67

Men 17-18 400 Free Relay: J. Gutierrez, S. Grimes, T. Edlefsen, B. Gravley – 3:09.74

Men Senior 400 Medley Relay: S. Grimes, C. Miller, B. Gravley, J. Gutierrez – 3:22.82

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HAPPY HOLIDAYS TO ALL OF OUR SANDPIPER FAMILIES

A Note from the Coaching Staff and Holiday Break Reminder

The Sandpipers Coaches and Administrative Staff want to wish everyone a wonderful holiday. Thank you for making our team strong (and not just in the pool!), and for helping us feel like a family. In tumultuous times, these relationships—connections we build are what keep us grounded. Thank you for all you do.

As a reminder, the Sandpipers will be taking a team break between **Friday, December 21st through Sunday, January 6th**. All final dates for break are subject to change based on group and coach. Please ask your parent reps if you have questions. Enjoy the break with your families and friends and see you all in 2019!

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)



30% OFF ONLINE SHOPPING AT BODYLINE

The Bodyline Swim Shop is running a special end of 2018 deal! **Beginning on December 21 and running through January 1, all purchases made online are subject to 30% off!** This deal excludes all Nutrilite products. If you're in need of replacing some old equipment, or in need of a late Holiday gift, take advantage of this huge deal at Bodyline Swim Shop!

