

Sailfish Aquatics

Building excellence in youth and community through competitive swimming

Team News

Congratulations to all of our swimmers who competed in the September meet at the MCAC. As a team, 56% of our swims showed a time improvement, and only 3% showed a disqualification. We outperformed both our competitors in these statistics.

Special congrats to Miles Simpson for achieving a state cut in 50 free and to Grace Ter Poorten for setting a new team record in 50 breast. We also had multiple swimmers with Top 3 finishes: Miles Simpson, Grace Ter Poorten, Ava Simpson, Bailey Williams, Nate Woolwine, Nick Shulgin, and Matthew Lucky. All the details can be found [here](#).

Speaking of major accomplishments, huge congratulations to Ava Simpson, Matthew Lucky, and Harrison Ranier for making the 2021 NC Swim All-Star list ([here's the full list](#)) and to Harrison Ranier for being named a Scholastic All-American. We are proud of these Sailfish!

Our next meet is the QCD Diversity meet, scheduled for October 9-10 at the MCAC. [Here](#) is a link to the meet information. Look out for emails from the coaches about the specifics and, as always, keep your eyes open for last minute changes in the schedules, due to COVID.

If you have billing or registration questions, please email admin@sailfishaquatics.org. If you have schedule, practice, or meet questions, please email your swimmer's coach.



Protecting Our Athletes

Please read, learn about keeping your athletes safe



Serving Our Community

Read the team's Mission and Vision. See your locations projects



Upcoming Events

Visit the Home Page for upcoming meets and events

Practice Schedule Changes

The best place to see monthly practice schedule changes is the Sailfish website. Coaches will often communicate practice schedule changes via email as well. We will also update in this newsletter when available, so please be sure to check in to make sure that you are at the right place at the right time! At the time of this writing, October practice changes are not available, but check the website for updates soon.

Meet schedule

The tentative short course meet schedule has been posted on the website, at this link: [Short course meet schedule](#).

Coaches will provide more information prior to each event. We are hopeful that COVID will not impact this schedule, but please look out for communication from the coaches and administrative staff as event dates near.

Parent Volunteering

Our kids need your support to be successful! Becoming a swim official is a great way to support your swimmer, be a part of the swim community and get a front row seat. Without officials, meets can't happen. As always, we need more parent volunteers.

Here is the link for upcoming clinics to become a swim official: [Clinic information and links](#).

USA swimming also has more information about becoming an official on their website. The link is <https://www.usaswimming.org/officials/how-to-become-an-official>.

Monthly Motivation & Nutrition

Nutrition Spotlight

Click [here](#) to see what USA swimming is sharing about healthy eating to boost your immune system.

Parents of swimmers know that it can be difficult to know the right things to say after a tough practice or disappointing race. In [this helpful link](#), USA swimming has some valuable advice about how to encourage swimmers to be their best in a way that is safest for them, both mentally and physically.

Team Gear

Team shirts and caps are on order. They will be distributed by your coach as soon as they are available. Thank you for your patience! Team suit orders will close on October 4, 2021. Please get your order in today.

As the holidays approach, please look at our [team store](#) for hoodies, parkas and any custom team gear for your swimmer! See link below.

Important links

[Team Store](#), team suits will be the same as last year

[Masters Swimming](#), adult training groups

Parent Handbook

Anish Belavadi	Madelyn Grasty	Graham Powers
Hayden Burroughs	Kevin King	Andrew Schmidt
Kiptyn Campbell	Donna Molinek	Ivy Shelor
Theodore Chung	Shravan Srinivasan	Connelly Smith
Ruchika Desai	Sharan Vadakattu	Cameron White
Jaxon Perez	Jonah Porter	Andrew Willis

Team Birthdays



**HAPPY
BIRTHDAY
AND
JUST KEEP
SWIMMING**