



The **SFAC SPLASH**

March/April 2021, Issue # 4

A note from the President: Brian Snyder

Exciting changes are ahead for our Club! While we have not been able to get our swimmers nearly as much swim time as we would like your Board has been busy behind the scenes working to strengthen the club.

Since its founding in 2009, SFAC has been a State of New Mexico non-profit yet the initial Board never filed a 501(c)3 application to get recognized as a federal non-profit. Being a federal non-profit is important for grant, scholarship and tax break opportunities that previously we were not able to take advantage of. After consulting with our USAS Western Zone Representative it became apparent that the best course forward was to set up a new business structure and apply for the 501(c)3 status. We submitted our application submitted this month! As part of the change, we had to file a 'New Club Application' with USAS under our new name 'Santa Fe Aquatics'. We do not anticipate that these business changes will impact the outward appearance of our club or the services we will continue to provide. Once the Club application is approved, USAS will help us bulk transfer everyone over to the new Club. We do anticipate that this will make us stronger moving forward and the Board hopes to take advantage of grant opportunities that will benefit our swimmers.

Upcoming Events

Events:

March 5-7: Aggie Tech SC Champs (Potential Meet)

March 12-14: MAC 2021 Swim Spectacular

March 19-22: Speedo Sectionals

March 22nd - April 4th: Team Break (No Practice)

Coaches Corner:

Though it may not feel like it, our season is winding to an end. I know with all the pool closures and lack of meets this has not felt like a normal one. With that said I feel like it's important to mark the end of this season and take a break as we do every year around this time. We will take two weeks off as a team (March 22nd - April 4th). I want everyone on this team to take this time and feel a sense of accomplishment over what we have all navigated our way through within the past year. While the accomplishments may not have come through winning races or going best times they have happened every time your kids have gotten to the pool late at night, in the cold, just to get some swim time in. When we come back to the pool on April 5th, I hope it will be with renewed energy, less restrictions, and with everyone ready to tackle whatever this next year brings us.



Coach Erin Rocking it!

Have questions or news to share? Send them to sfacbusiness@gmail.com

Featured Swimmer - Ella Tyroler

I am 15 and I have been swimming with SFAC since 2019. I prefer sprinting over long distance and my favorite stroke is backstroke. I also really enjoy competing in the 200 IM even though breaststroke is my weakest stroke. I really enjoy swimming on a team because it helps me push myself. Swimming is very relaxing in my opinion and unlike contact sports like basketball or volleyball it's an individual sport which I love. Outside of swimming I love skiing and also enjoy baking and working out. Thanks for including me Coach Lee!



Starting Blocks

Here's a great article on how to stay positive during COVID when there are swimming restrictions!

<https://www.yourswimlog.com/how-swimmers-can-keep-a-positive-mindset-during-covid/>



Nutrition bytes

Avocado Toast is healthy and easy!

- 1 slice of bread (I like thick-sliced whole-grain bread best)
- 1/2 ripe avocado
- Pinch of salt or try TJ's everything topping
- Optional: Add an egg for some extra protein!

If you have a great recipe to share or nutrition article please send it our way and we can include in next newsletter in May/June

Older and Wiser

Happy birthday to all the SFAC swimmers who are having or had a birthday Recently!

February: Violet Sallee (9), Claire Kullman (13), Ethan Quintana De Andres (14)

March: Violet Hudson (13), Lauren Clokey (14)

April: Eli Ballard (8), Sam Ballard (11), Katja Offermann (12), Nathaniel Steiger (16),

HAPPY BIRTHDAY



Well done to Ruby and Adam for representing SFAC in the community!