



THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 23

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BRING ON THE NEW YEAR!

SAND Starts 2021 with Group Moves

Welcome to 2021! We hope you enjoyed your winter break, spending time relaxing, seeing family, and preparing for the new year.

Traditionally, after the Summer competitions, the Sandpiper coaching staff looks at each training group's make-up and purpose, and then determine the group that will best serve each athlete on our team for the next year. Each move and group is debated and looked at from all angles to best continue every athlete's journey through the program. The focus on the process through the team, not the outcomes, ultimately drives the coach's decision making.

With the pandemic and the pool closures in 2020, Sandpipers delayed this annual move to January of 2021. So, without further ado, welcome to your new groups! Sandpiper coaches are thrilled to be working with both new and old athletes.

Group moves are such a wonderful change—one that brings many incredible opportunities. And with these opportunities, comes boundless growth. You are sure to learn new skills and continue to improve old ones, and if you hold fast to two crucial elements, you will find not only a refinement to your craft (swimming!) but more enjoyment as well.

This will come as no surprise to anyone, but the first element is listening to your coach. They are professionals in the sport of swimming. They are there to help you and guide you. It is your decision to listen—and implement—what they ask of you. If you do this every day, every set, you will accelerate your advancement in this sport. How much and how soon is up to you.

The second element to getting the most of your new groups is to befriend your teammates. You will be spending a lot of time with these people. Get to know them! Know what movies they like and dislike, or what subject is their favorite. More importantly, know how to have fun with them. Your teammates are the only people experiencing the same sets that you are. You already have something in common! If you take the time to discover more similarities, you'll find yourself with both support and laughter when things get tough.

Please look forward to meeting and training with your new teammates! And your coach. And if you're with the same group, keep listening and being friendly. There's always more to learn.

FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



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SandpipersofNevada](http://www.facebook.com/SandpipersofNevada)



@sandpipersofNV



@sandpipersofNV

KEEP YOUR FRIENDS AND FAMILY HEALTHY!

Sandpipers Travel Policy

A reminder for those of you who traveled or have yet to return from traveling during the break. It is Sandpiper policy that if you boarded an airplane, regardless of destination, you take a COVID test 48 hours (minimum) after returning to Las Vegas before returning to Sandpiper workouts. Please send test results to Coach Michael at coachmichael28@gmail.com.

Additionally, if you traveled out of town by car, it is highly recommended you follow the same procedure.

If you have any questions, please email Coach Michael or Team Admin.

SIMS AND SULLIVAN WIN GOLD AT US OPEN

8 Sandpipers Compete at Two Locations

With the ongoing pandemic, 2020's *Toyota US Open Championship* looked different than years past. Because of restrictions to travel and group size, this event—which was historically held at one location—was split into nine different meets across nine different locations. And yet with these differences, some things never change. That is, Sandpipers came ready to race.



Abby Dunford gets first US Olympic Trial cut

On the first night of competition, **Bella Sims** took gold in the 800-meter freestyle. Sims' time is the 5th fastest time in US history for the 15-16 Age Group and earned her a spot on the US National team! She joins current Sandpipers **Erica Sullivan, Brennan Gravley, and Cody Miller** on the National Team.

Her teammates, Sullivan, **Paige Kuwata, Katie Grimes, and Abby**

Dunford took 3rd, 8th, 14th, and 15th, respectfully. As for the boys, **Brice Barrieault** and **Dylan Gravley** took 33rd and 55th, respectfully overall in the 800m Freestyle.

The weekend was full of strong competition! Sullivan swam to gold in the 1500m Freestyle while Dunford got 6th, clocking in her first US Olympic Trial cut, bringing SAND's total to 15 athletes! Cody Miller, competing near his home in Indiana, finished 2nd in the 100m and 200m Breaststroke. Sandpipers also took top 16 in the Women's 400m Free, Women's 400m IM, Women's 200m Freestyle, and the Women's 100m Freestyle.

Congratulations on a great national showing SAND! Keep swimming hard.

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

CLUB EXCELLENCE AWARDS ANOTHER GOLD MEDAL

Sandpipers Named Podium Club for Third Year

Every year, USA Swimming identifies clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes, deemed the Club Excellence program. In order to determine these clubs, USA Swimming ranks each team based on the FINA Points Table, which is a rating system that assigns point values to individual swimming performances. The top 20 teams in the nation then receive a Gold Medal ranking, while 21-100 earn a Silver Medal. The next 100 teams earn a Bronze Medal rank.

For the sixth consecutive year, Sandpipers of Nevada was named a Gold Medal club. SAND was also named to the Podium Club—for the third straight year. This title can only be obtained by receiving the Gold Medal club for four consecutive years. Furthermore, with these titles, Sandpipers placed sixth in the nation.

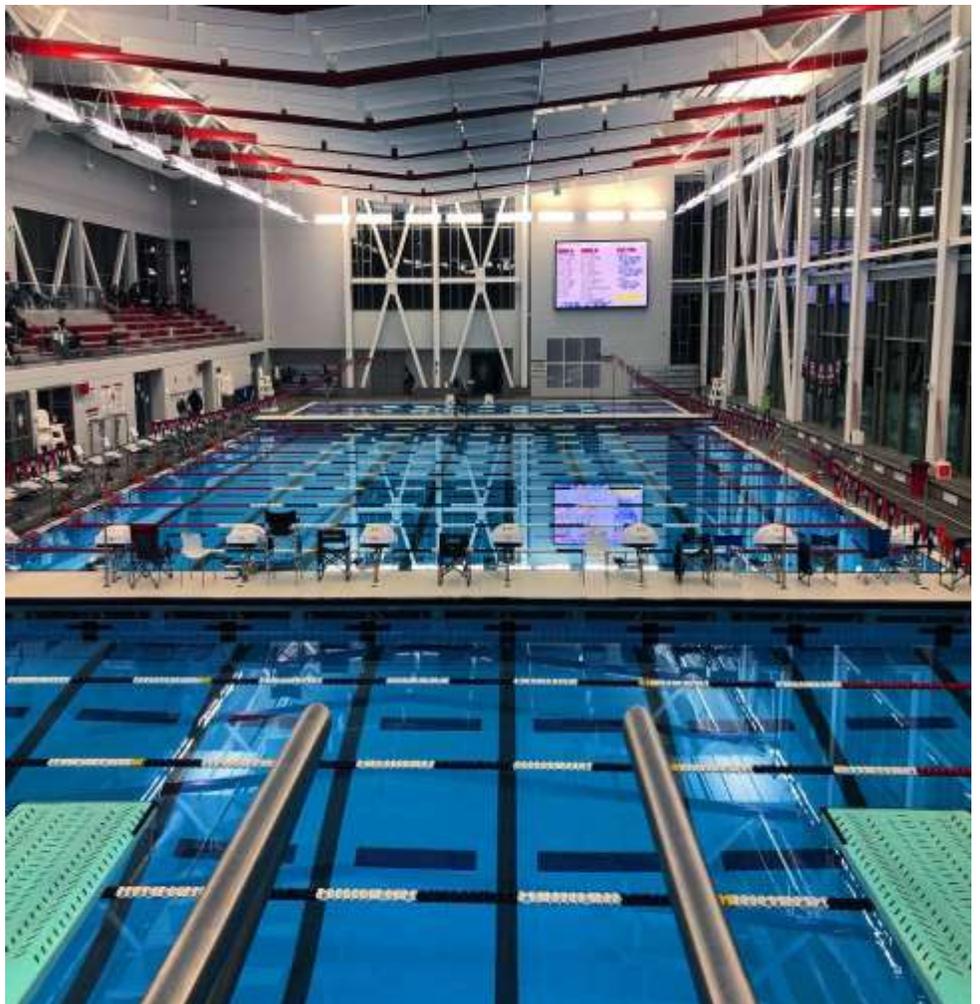
Thank you to all Sandpipers! To our athletes, families, volunteers, coaches, officials, and our members and for making this possible. These awards are huge, and they can only be obtained through the relentless diligence of everyone involved. So, thank you, and keep up the great work!

IT'S A PUMPKIN HEATTTTT!

Sandpipers Host Two Meets at Dixie State University

The weekend of Halloween, the Sandpipers hosted the annual *Pumpkin Invitational*. Unlike previous years, this meet was held in St. George, Utah, at Dixie State University. For those who haven't seen, their new pool is beautiful! The 2020 *Pumpkin Invite* was the first club meet hosted at DSU. We are extremely grateful the facility allowed us to host a fun, safe, and fast meet.

For many of the athletes in attendance, the *Pumpkin Invite* was their first competition in 10 months—or longer—and it showed. Our 122 athletes raced their ways to best times and team records. But more importantly, the athletes enjoyed the thrill and giddiness of being able to compete again! It was fun for parents and coaches to get back and cheer for their athletes.



The Pumpkin Meet also saw the inauguration of the Sandpiper Trunk-or-Treat! After their events were over for the day, Sandpiper age group swimmers dressed in a costume, decorated their car trunks, and trick-or-treated to celebrate the holiday. It was a blast! Thank you to all of the volunteers who made this special event possible for the swimmers! You did an incredible job.



Seven weeks later, Sandpipers hosted the *Las Vegas Super Finals Invite* at the same location, DSU. Running off of the incredible planning from the Pumpkin meet, SAND introduced a live-stream of this event for those who could not attend. With the sponsors we received, the stream went off perfectly! As did the meet. If you missed the action, or want to re-live it, video archive can be found here:

<https://www.ksl.com/watchit/search/0-Super%20Finals>.

Nearly 100 Sandpipers traveled to St. George to compete over three days, the 18th through 20th of December. The 14 and under athletes swam in the afternoon for timed final events, while the senior-level swimmers swam prelims in the morning followed by finals at night. Across all sessions, Sandpipers raced with ferocity! For when the meet was over, Sandpipers came out on top as the over-all victor, acquiring nearly double the points of second place.

To finish the weekend with a splash, on Monday the 21st, SAND changed the lanes from short course yards to long course meters. Athletes were given the chance to time trial nearly any event. And they did. We saw them swim anything between the 50 free to the 1500 free. What a fun and incredible opportunity for our swimmers!

A BIG shout out to Dixie State, all of the volunteers, families, coaches, and swimmers who made both these events possible. Thank you for being incredible!



CALLING ALL SANDPIPERS!

Many of you are realizing that in the age of COVID you may not be able to be on deck or see your kid swim other than via video for many months or a year.

At the same time, we are finding we are in need of officials, timing system operators, and administrative officials.

Many of you have volunteered for years at positions where you can't volunteer anymore: Hospitality, Timing, Runner, check-in, etc.

What is the solution to all of these things? Email me and ask me about becoming an official, timing system operator, or administrative official. There isn't a lot of training involved, and you get to be on deck with your kid AND support the team.

Even if you only have one or two years left "in swimming," now is the time to get involved. We need swim officials. We are losing many of our longtime officials and need to reload and recruit parents of our younger swimmers. Many don't realize, but while it is easy enough to become a certified official, it takes many years to reach the level in which you can help run a meet. For this reason, it is important to recruit parents of our younger swimmers to become officials.

Reach out to Shay Kerby at kerbyfamily@me.com or ask your coach how you can help!

FIVE SANDPIPERS TO SWIM COLLEGIATELY

As of December 31st, 2020, five Sandpipers have committed to swim collegiately come Fall 2021. Congratulations to all of the athletes for their hard work, dedication, and this well-earned accomplishment. We look forward to seeing who else joins you on the college level!

The committed swimmers and where they'll attend are **Dylan Gravley** – Arizona State, **Adelaide Rau** – Western Colorado, **Ethan Smith** – Long Island, **Paige Sondgeroth** – Pacific, and **Erica Sullivan** – Texas.

The team will have a formal signing day event to honor these athletes at the end of the school year.

SANDPIPERS HOLD PRACTICE ROCK THE BLOCKS

In November, the team held a practice Rock the Blocks for the younger athletes. The goal of this practice was to allow the swimmers to feel the excitement and energy that comes with racing.

75 Sandpipers felt that and more. The camaraderie, joy, and smiles that came during this practice was something we all needed! Though we may not have as easy access to competitions, this practice was a big reminder that all the benefits we get from racing, we can get from practice too. So, keep up the great work, Sandpipers! We hope this next year will bring more opportunities.

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

TEAM RECORD UPDATE

65 Team Records Broken in Meet Deprived 2020

SAND Pumpkin Invite [SCY]

Bella Sims: Women 15-16 200 IM—2:01.70

2020 Toyota US Open Championships [LCM]

Bella Sims: Women 15-16 100 Free—55.99; 200 Free—1:59.93; 800 Free—8:27.01; Women Senior 200 IM—2:17.80
Women Senior 100 Free—55.99; Women Senior 200 Free—1:59.93

Katie Grimes: Women 13-14 400 IM—4:47.98; Women Senior 400 IM—4:47.98

2020 Red Rock Invitational [SCY]

Brice Barrieault: Men 15-16 200 Free—1:40.80

Bella Sims: Women 15-16 50 Free—22.83; 200 Back—1:53.66; Women Senior 50 Free—22.83; 200 Back—1:53.66

2020 Las Vegas Super Finals [SCY]

Bella Sims: Women Senior 400 IM—4:06.59; 200 IM—1:56.89; 200 Fly—1:54.89; 200 Free—1:45.01;
Women 15-16 400 IM—4:06.59; 200 IM—1:56.89; 200 Fly—1:54.89; 100 Fly—52.98; 500 Free—4:38.21;
200 Free—1:45.01

Katie Grimes: Women 13-14 400 IM—4:09.27; 200 Back—1:55.40; 1650 Free—16:05.03; 500 Free—4:44.15

Audrey Yu: Women Senior 100 Free—49.96; 50 Free—22.64; Women 15-16 100 Free—49.96; 50 Free—22.64

Erica Sullivan: Women Senior 500 Free—4:36.21

2020 Las Vegas Super Finals – LCM Time Trials [LCM]

Bella Sims: Women Senior 100 back—1:03.49; Women 15-16 100 Back—1:03.49

Katie Grimes: Women 13-14 200 Back—2:14.84

Audrey Yu: Women 15-16 50 Free—26.05; Women Senior 50 Free—26.05

Luke Ellis: Men 13-14 200 Back—2:15.31

The most up to date team records can be found on the Team Website under "[Team Records](#)"



A MESSAGE FROM THE VOLUNTEER TEAM

THANK YOU EVERYONE WHO STEPPED UP AND HELPED OUT AT THE LAS VEGAS SUPER FNALS SWIM MEET! We cannot run meets without your assistance.

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