



# Scottsdale Aquatic Club

Weekly Update – July 14, 2010

[www.scottsdaleswim.com](http://www.scottsdaleswim.com)

**SAC Mission:**

To have a nationally recognized competitive aquatics program that teaches and trains all levels of swimmers, emphasizing individual progress, team unity, family participation, and competition at the highest individual level.

**Upcoming Events**

| Date   | Name                   | Location        | Sign-up Deadline |
|--|------------------------|-----------------|------------------|
| Wed July 14  | TEAM FUN DAY           | MMR             |                  |
| Fri-Sun July 16-18   | Age Group Regionals    | Kino Pool, Mesa | July 2           |
| Thu-Sun July 22-25   | AGE GROUP STATE CHAMPS | ASU             | July 9           |
| Wed-Sun July 28-Aug 1  | Far Westerns           | Concord, CA     | July 16          |
| Tue-Sat Aug 3-7  | National Champs        | Irvine, CA      | July 23          |
| Mon-Fri Aug 9-13   | Junior National Champs | Irvine, CA      | July 23          |
| <b>TEAM BREAK – AUGUST 1-15 – Practices resume Monday, August 16</b> |                        |                 |                  |

**ARIZONA SENIOR STATE CHAMPIONS!!!** SAC won the Arizona Senior State Championships this past weekend! SAC tallied over 1800 points during the meet...second place scored 1100. It was a great team effort with many great swims!! See the swimmers corner for more details!!

**Website Tip of the Week:** To view entries for upcoming events that coaches have selected for the swimmers, go to the “Events” page, go to the meet page and select the “Attend this event” button. You should be able to view the events there.

**TEAM FUN DAY:** Scottsdale Aquatic Club invites all SAC swimmers and families to the SAC Team Fun Day at McDowell Mountain Ranch Pool on **Wednesday, July 14, from 2-5pm**. This will be a lot of fun for everyone!! Go to the website for more details on the event.

**SAC TEAM DINNER:** Following the Team Fun Day, SAC swimmers and families are invited to a Team Dinner at Rubio’s Fresh Mexican Grill at Desert Ridge. Rubio’s will donate 20% of the proceeds to SAC. Go to the website for more details and a printable coupon.

**Practice Changes:** Due to upcoming meets, there will be several practice changes occurring. See below.

|                              |                    |                                      |                                      |
|------------------------------|--------------------|--------------------------------------|--------------------------------------|
| AG Regionals (July 16-18)    | Friday, 7/16       | Blue/Red/White                       | NO PRACTICE                          |
|                              |                    | Silver/Bronze                        | Regular schedule                     |
| AG State Champs (July 22-25) | Saturday, 7/17     | Blue/Red/White                       | NO PRACTICE                          |
|                              |                    | Gold/Silver/Bronze                   | 8:30-10:30am                         |
|                              | Wednesday, 7/21    | Gold/Silver/Bronze                   | 4:30-6:00pm (no AM for these groups) |
|                              |                    | Blue/Red/White                       | 5:00-6:00pm                          |
|                              |                    | Pre-State Party!!                    | 6:00pm                               |
| Thursday, 7/22               | Gold/Silver/Bronze | 5:00-6:30pm (no AM for these groups) |                                      |
|                              | Senior 3           | NO PRACTICE                          |                                      |
| Friday, 7/23                 |                    | Gold/Silver/Bronze/Blue/Red/White    | NO PRACTICE                          |
| Saturday, 7/24               |                    | Gold/Silver/Bronze/Blue/Red/White    | NO PRACTICE                          |

\*GROUPS NOT LISTED REMAIN ON REGULAR SCHEDULE.

**Pre-State Party:** We will be holding our pre-state party on Wednesday, July 21, at 6:00pm at Cactus Park. All SAC Swimmers are invited to attend. Please RSVP in the SAC office.

**Championship Season Shirts:** T-Shirt orders for the Championship Season are available on the website or by following this link: <http://www.sac.greatideas.us/>. Orders must be completed by Tuesday, July 20, at 12:00pm.

**High School Swimmers:** High school swimmers who intend on going inactive for high school season, need to contact the office in writing by July 20th.

**Fall Practice Schedule:** The Fall Practice Schedule is available on the SAC website.

**Fall TRYOUTS:** SAC Tryouts for new swimmers will take place on Tuesday, August 31, and Wednesday, September 1. If you know of anyone interested in trying out for SAC, let them know about upcoming tryouts and ask them to call the SAC office for more information.

**New Swimmers:** If you know of any swimmers that are interested in trying out SAC, let them know that we have tryouts ongoing. They should contact the office to schedule a tryout. 480-951-5368.



Earn \$ for SAC by searching the Internet or making purchases online!!

Go to [www.goodsearch.com](http://www.goodsearch.com) and enter Scottsdale Aquatic Club as the charity you want to support.

[GoodShop.com](http://GoodShop.com) is a new online shopping mall which donates a percentage of each purchase to your favorite cause!

**SAC TEAM BREAK:** The Long Course Season ends for most swimmers on July 31. The SAC Team Break will be July 31-August 14. Practices will resume on Monday, August 15, for the short course season!

**CACTUS FITNESS CENTER:** Any swimmers using the Cactus Fitness Center before or after practice will need to pay for admission. Fitness Center use is not part of our agreement except during designated dryland practice days for the Senior Groups. Also, younger children will need parental/guardian supervision when using this part of the facility.

**Group Managers:** The Group Managers are available to answer questions about SAC and also to inform the membership about additional ways we can help the club (scrip program, volunteer opportunities, etc.). Below is the list of Group Managers for each training group.

|         |                  |  |          |              |  |
|---------|------------------|--|----------|--------------|--|
| White 1 | Alice Cunningham | <a href="mailto:alice.cunningham@cox.net">alice.cunningham@cox.net</a> |          |              |  |
| Red     | Kerry Nolan      | <a href="mailto:kcollinsnolan@aol.com">kcollinsnolan@aol.com</a>       |          |              |  |
| Blue    | Bonnie Mueller   | <a href="mailto:ILOVEPL@msn.com">ILOVEPL@msn.com</a>                   | Bronze   | Diane Rusnak | <a href="mailto:dianerusnak@cox.net">dianerusnak@cox.net</a>             |
| Silver  | Shauna Rafie     | <a href="mailto:usa.4july1776@gmail.com">usa.4july1776@gmail.com</a>   | Gold     | Kerry Rieth  | <a href="mailto:rkrieth@cox.net">rkrieth@cox.net</a>                     |
| SR 3    | Cate Szfranski   | <a href="mailto:cateinphoenix@yahoo.com">cateinphoenix@yahoo.com</a>   | SR 1 & 2 | Pam Thompson | <a href="mailto:pamela_L_thompson@msn.com">pamela_L_thompson@msn.com</a> |

**PARENTS:** Parents, we need your help in a couple of areas. We have the privilege of using a great pool owned and operated by the City of Scottsdale. We need to make sure we are not abusing that privilege and are courteous guests at the facility. The behavior of some of our younger swimmers lately is not inline with that philosophy. From this point forward, the following rules of conduct will be in effect:

**1—SWIMMERS AT THE POOL EARLY FOR PRACTICE MUST SIT IN THE BLEACHERS NEAR THE DIVING WELL.** The swimmers waiting for practice have been causing quite a bit of mischief and some swimmers have gotten hurt by rough playing around the pool.

**2—AFTER PRACTICE SWIMMERS WILL BE ALLOWED 10 MINUTES IN THE LOCKER ROOM TO GET CHANGED.** Swimmers have been horse playing in the locker rooms and being very loud. Aquatic and Fitness center patrons have filed complaints with the City about this behavior.

**3—PARENTS MUST PICK THEIR SWIMMERS UP PROMPTLY AT THE END OF PRACTICE.** Some coaches have had to stay at the pool until after 8:00pm waiting for a swimmer to be picked up by their parents. Please be courteous of the coaches time and pick your swimmers up on time.

**SKIPRO:** Please go to the SKIPRO website (click on the SkiPro link on the SAC website) to order your SAC gear before the upcoming cool weather is upon us...go to the SKIPRO SAC PAGE to order Parkas, warm-ups and sweatshirts!!

## **UPCOMING EVENTS:**

**SPLASH MEETS:** SAC will be holding a series of **SPLASH MEETS** during the late spring and summer season. These meets are designed to introduce our newer swimmers to competition. They are quick, fun meets that will be held on Fridays during the season. All swimmers in the Blue, Red and White practice groups are encouraged to attend these meets. Also, some swimmers from other groups are welcome to participate as well (talk to your coach about it).

**SPLASH MEETS** will be held on the following Fridays: **June 11, June 25, July 9, July 30**. Sign-ups for these meets are online (through the website) and entries for each meet will be due the Monday prior to the meet.

**Splash Meet #4—Friday, July 9, WARM-UP begins at 5:00pm.**

**Age Group Regionals:** Age Group Regionals is this weekend, July 16-18, at Kino Pool in Mesa. Swimmers, please arrive on time for warm-up as it will be crowded and it is important to get a full warm-up in before your races...see below:

Kino Pool, 848 N. Horne, Mesa, AZ

Friday Warm-up 3:00pm      Saturday/Sunday Warm-up 7:00am

Team Uniform: Friday—White      Saturday—Navy      Sunday—Blue & Gold

**Age Group State Champs:** The Arizona Age Group State Champs will be held July 22-25, at ASU. Swimmers must have achieved the Arizona "Q" time in order to participate. ALL QUALIFIED swimmers 14&U are expected to participate. Coaches will talk with the swimmers about their entries.

**Far Westerns:** The Pacific Swimming Far Western Championships will be held July 28-August 1, in Concord, CA. This is a team travel opportunity for swimmers 13 and older. Meet information, qualifying times and team travel RSVP can be found on the SAC website.

## **FROM THE OFFICE:**

**Fundraising:** Next mail order scrip Wednesday, July 7. This will be the final order before end of 4<sup>th</sup> quarter fundraising so think about those gift cards for those back to school purchases.

**Parent participation:** We are still in need of volunteers to help at the Splash Finale, July 30, especially with Swimmer 6.

We are looking for families to transport shade to and from Senior State, Regional and Age Group State meets. Please contact Judy.

We are looking for four volunteers to take care of set-up, refreshments and clean-up after the pre-state party. Sign up online.

**Equipment:** Taking on going orders for personalized caps. Download the order form from "team uniform" on the website and turn into the office.

**Inactive Swimmers:** With many families planning vacations, a reminder that unless you are gone from the team a minimum of 2 months, you will be charged dues. If you plan to be away, please notify the office in writing ahead of time. High school swimmers who plan to go inactive for the high school season need to notify the office in writing by July 20th. Fundraising and parent volunteer commitments are ongoing during the inactive period.

## **SWIMMERS CORNER:**

**SENIOR STATE CHAMPS**—SAC WON THE MEET!!! GREAT JOB!! GREAT TEAM EFFORT!! We won by over 600 points. There were many great swims and accomplishments...some of the highlights are listed below:

ARIZONA STATE CHAMPIONS: Ally Loper, Lindsey Laporte, Kacey Milligan, Megan Cox, Emily Christiansen, Tyler Pennington, Robert Barrett, Tanner Roe, Cody Vitez, Hunter Thompson

SAC TEAM RECORDS: Open Girls 200 Free Relay (Kathryn Palomino, Kacey Milligan, Emily Christiansen, Megan Cox)

Open Girls 200 Medley Relay (Jenny Laporte, Sara Dafoe, Kacey Milligan, Emily Christiansen)

Open Boys 200 Medley Relay (Hunter Thompson, Robert Barrett, Tyler Pennington, Cody Vitez)

GREAT JOB!!!

**AGE GROUP REGIONALS**—The Age Group Regional Championships will take place July 16-18, at Kino Pool in Mesa. This is the last opportunity for swimmers to qualify for the Age Group State Champs and Far Westerns. We will be doing several relays during the meet. Please check with your coaches to see if you will be swimming on any relays each day.

Kino Pool, 848 N. Horne, Mesa, AZ

Fri, July 16 Timed Finals Warm-up 3:00pm

Sat-Sun, July 17-18 Timed Finals Warm-up 7:00am

TEAM UNIFORM Fri—White Sat—Navy Sun—Blue & Gold

**AGE GROUP STATE CHAMPS**—The Arizona Age Group State Championships take place July 22-25, at ASU. SAC is the defending STATE CHAMP to keep the title!!! As always, RELAYS will play a huge part in this meet. Make sure you check to see what relays you will be on each day and give your all when swimming on relays!!

ALL SAC SWIMMERS 14&U that have qualified for this meet are expected to compete. Warm-up/start times are below.

Thu, July 22 Warm-up 4:00pm (distance events and 200 Free Relay)

Fri-Sun, July 23-25 Prelims Warm-up 7:00am

Finals Warm-up 4:00pm

TEAM UNIFORM Thu—White Fri—Navy Sat—Gold Sun—Blue & Gold

## **TEAM GOAL: SPORTSMANSHIP!!**

Win or lose, you must carry yourself with dignity and have respect for your competitors, teammates, coaches and parents. After a race, ALWAYS shake the hands of your competitors and tell them "Good Job" or "Nice Race". If you are unhappy with a performance, keep it to yourself. There is no one else to be mad at if you didn't perform the way you wanted to. Negative behavior can affect your teammates as well as affect your next performance. Stay positive and be a good sport!!

TOGETHER EVERYONE ACHIEVES MORE!!

# **GO SAC!!**