



# Scottsdale Aquatic Club

## Weekly Update – July 21, 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
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>			
Mon Aug 16	Regular practices resume		

**PARENTS:** The City of Scottsdale has again asked us to remind SAC Parents that we are not allowed to park/wait along the curb in front of the pool while waiting to pick up swimmers. Please find a parking spot while you wait. This is a safety hazard. Thanks for your understanding and cooperation.

**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.

**AGE GROUP STATE CHAMPS:** The Arizona Age Group State Championships begin Thursday, July 22, and run through the weekend. This is our championship meet for our younger swimmers. Good luck to all attending. We will be required to provide a few timers during the meet. If everyone agrees to time for an hour, we can get all sessions covered without anyone spending the entire day/session timing.

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

AG State Champs (July 22-25)	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.

**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!

**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.

**Scholarships:** Scottsdale Aquatic Club offers a limited number of dues waivers for families in need. The application form and information can be found on our website under "Fees". Applications need to be turned in by August 15<sup>th</sup> for consideration of the September 1<sup>st</sup> swim year. Families currently on scholarship must re-submit applications.

**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.

**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!!



You Search or Shop... We Give!

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!

## **UPCOMING EVENTS:**

**SPLASH FINALE:** SAC will be holding the final SPLASH MEET of the summer on Friday, July 30. Entries are due online by Wednesday, July 28. Warm-ups will begin at 4:00pm.

**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. Entries can be viewed on the website. Most swimmers will be in relays. Check with your coaches about what relays you may be swimming. Warm-ups will be crowded...please arrive on time for team warm-up so we can create space for all of our swimmers to properly warm up.

Location: ASU/Mona Plummer Aquatic Center

Warm-up/start time: **Thursday**, 7/22, Finals 4:00pm

**Friday-Sunday**, 7/23-25, Prelims 7:00am; Finals 4:00pm

Team Uniform: Thursday—White

Friday—Navy

Saturday—Gold/New Team Shirt

Sunday—Blue & Gold

**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 due Wednesday, September 8<sup>th</sup>. You can still purchase Frys and Basha gift cards in the office to help fulfill fundraising commitments this final quarter.

**Parent Participation:** Shade transport for Age Group State meet needed—if you are going to distance events Thursday PM and can help out, please let Judy know.

Splash Finale: Sign up on-line to help. Still in need of a Swimmer 6 operator.

## **SWIMMERS CORNER:**

**AGE GROUP REGIONALS**—Great job swimmers!!! We had a handful of new swimmers qualify for the state championships! Swimmers had fun and swam very well. The coaches are very pleased with the progress of our younger swimmers...the future is bright!!

**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...please arrive on time!!

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/New Team Shirt Sun—Blue & Gold

It is going to be hot this weekend...make sure you bring plenty of drinks and snacks to keep your energy level up during the weekend!!

## **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!!**

**T**OGETHER **E**VERYONE **A**CHIEVES **M**ORE!!

# **GO SAC!!**