



Scottsdale Aquatic Club

Weekly Update – July 28, 2010

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-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
TEAM BREAK – AUGUST 1-15 – Practices resume Monday, August 16			
Mon Aug 16	Regular practices resume		
Sun Sept 12	La Jolla Rough Water Swim	La Jolla, CA	August 20

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: We ask all of our families to periodically go into the account section of the website and make sure all of your information is up to date. This is a great time of year to do that as we prepare for the fall season.

AGE GROUP STATE CHAMPS: Great Job Swimmers!! We had a fantastic meet and finished 2nd overall by a mere 75 points! SAC swimmers in the meet swam very well and our team spirit was amazing! We begin working now to get the title back next spring!

SAC TEAM BREAK: The Long Course Season ends for most swimmers on July 30 (the last team practice or Splash Meet). The SAC Team Break will be July 31-August 15. Practices will resume on Monday, August 16, for the short course season!

Fall Schedules: The Fall Meet and Practice Schedules are 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 15th for consideration of the September 1st 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!!

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.

La Jolla Rough Water Swim: The first event of the fall season is the annual La Jolla Rough Water Swim in La Jolla, CA, on Sunday, September 12. We intend to travel to this event as a team if enough swimmers plan to attend. The coaching staff encourages all of our swimmers to participate in this event and have an opportunity to compete in an open water event. Open Water swimming is growing in the US and is supported by USA Swimming. See the website for more details.

FROM THE OFFICE:

Fundraising: Next mail order scrip due Wednesday, September 8th. You can still purchase Frys and Basha gift cards in the office to help fulfill fundraising commitments this final quarter.

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



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

Go to www.goodsearch.com and enter Scottsdale Aquatic Club as the charity you want to support.

GoodShop.com is a new online shopping mall which donates a percentage of each purchase to your favorite cause!

SWIMMERS CORNER:

AGE GROUP STATE CHAMPS—Great Job Swimmers! We had a great team effort and in the end, finished in 2nd place by 75 points...a very close margin. The swimmers that we had in the meet did a fantastic job and swam very well! Below is a list of SAC State Champions from last weekend:

Kendra Griffin, Parker Greene, Triston Ferguson, Ryan Blair, Nick Magana, Austin Drummond, Gillian Rieth, Katie Shannahan, Sam Getzen, Courtney Kamin, Maia Brundage, Taylor Ruck,

High Point Award Winners:

Kendra Griffin—1st 13-14 Girls

Parker Greene—2nd 13-14 Boys

Ryan Blair—3rd 13-14 Boys

FAR WESTERNS—SAC has a group of 20 swimmers at the Long Course Far Westerns Champs this weekend! To follow the meet, go to www.pacswim.org. GOOD LUCK!!

LA JOLLA ROUGH WATER SWIM—every year we take a group of swimmers to participate in the La Jolla Rough Water Swim. This year is no different!! We encourage all of our swimmers to go and participate in this event. For swimmers 12 and older, we are offering TEAM TRAVEL by bus to this event. The swim will take place on Sunday, September 12. See the website for more details. We hope everyone can make the trip!!

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

GO SAC!!