

SCOTTSDALE AQUATIC CLUB: SPECIAL EDITION

SAC NEWS

SCOTTSDALE AQUATIC CLUB IS HEADING IN TO THE CHAMPIONSHIP SEASON. PLEASE READ THE FOLLOWING MESSAGE FROM HEAD COACH KEVIN ZACHER. THE FOLLOWING PAGES WILL HIGHLIGHT THE UPCOMING MEETS.

GOOD LUCK TO ALL SAC SWIMMERS!!

Championship Season is upon us! The AZ Senior State Champs are this weekend, followed by Senior Sectionals and the AZ Age Group State Champs next weekend. Our swimmers have been working really hard; our coaching staff has done a tremendous job; our club leadership has set us on a great path for success! We are really excited for the next few weeks to see what our team can do!

A couple of things that we will be working with our swimmers on over the next few weeks are: 1—Sportsmanship; 2—teamwork; 3—team pride.

SPORTSMANSHIP—we want our swimmers to perform well and have success...but, even more so, to do it with class. Congratulate competitors after a hard fought race. No negative words about other swimmers or teams. Maintain a positive frame of mind throughout the meet(s).

TEAMWORK—Championships cannot be won without great teamwork...everyone working together, supporting each other and encouraging each other. These things will be key if we are to be successful in our team competition at upcoming meets. RELAYS will be huge at these meets and this is the ultimate team race in swimming. All of our swimmers are competing for these relay spots...an opportunity to help the team! If you are chosen for a relay, take pride in that and give 110%! Also remember that RELAY POINTS are worth double individual points...HUGE!!

TEAM PRIDE—we want our swimmers (and parents!) to wear our SAC Colors with pride! At the Championship Meets, always wear a SAC shirt or sweatshirt! Also, we will be getting the swimmers together at the beginning of each session to do team cheers. Lastly, it is great to see SAC swimmers cheering for their teammates during their races! You can't imagine how much this helps the swimmers in the water finish their races strong!

If we can do these things well, it will go a long way towards our overall success as a team!!

GO SAC!!!

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SCOTTSDALE AQUATIC CLUB IS HEADING IN TO THE CHAMPIONSHIP SEASON. MARCH AND APRIL TYPICALLY MARK THE END OF THE SEASON FOR BOTH OUR AGE GROUP AND SENIOR GROUPS. OVER THE COURSE OF THIS MONTH, AND THEN IN TO THE FIRST WEEK IN APRIL, WE WILL BE PARTICIPATING IN VARIOUS MEETS IN THE VALLEY AS WELL AS IN CALIFORNIA AND WASHINGTON. PLEASE READ THE NEXT TWO PAGES TOO SEE WHAT THESE MEETS ARE AND WHERE THEY ARE BEING HELD. A LINK IS INCLUDED AT THE END OF EACH SECTION TO TAKE YOU TO THE EVENT HOST'S PAGE. HERE YOU CAN FIND ADDITIONAL MEET INFORMATION AND RESULTS ONCE THE EVENT BEGINS.



2012 Arizona Swimming Short Course Senior State Championships March 1-4, 2012

Senior swimmers from Scottsdale Aquatic Club will be participating in this meet. It will be held at Skyline High School starting on Thursday afternoon. Teams from around the valley and Tucson will bring swimmers to this meet, and many of them will be shaved and tapered. Swimming at Senior State will be fast.

This meet is prelims and finals. Please follow the following link to find meet information and results:

[http://www.mesaaquatics.org/TabGeneric.jsp?
_tabid =54247&team=azmac](http://www.mesaaquatics.org/TabGeneric.jsp?_tabid =54247&team=azmac)



Pictured above is Skyline High School Pool. This pool also hosted the 2011 Arizona High School Swimming Championship.



Age Group State will be held at Chandler High School March 8-11. Age Group State has traditionally been one of the biggest meets in Arizona. Swimmers who qualify will be competing against all teams in Arizona. This meet is extremely competitive, and includes prelims and finals. We encourage all swimmers and parents from Scottsdale Aquatic Club to come down and cheer on our swimmers.

The event page for Age Group State can be found here:

[http://www.swimneptune.com/TabGeneric.jsp?
_tabid =45413&team=assn](http://www.swimneptune.com/TabGeneric.jsp?_tabid =45413&team=assn)



Pictured above is the pool at Chandler High School. This pool has hosted numerous meets through the years including Age Group State.



2012 USA SWIMMING/SPEEDO CHAMPIONS SERIES WESTERN REGION LONGCOURSE SECTION CHAMPIONSHIP

The 2012 Northwest Sectional Championships will be held at the Weyerhaeuser King County Aquatics Center in Federal Way, Washington on March 7-11. This meet is for swimmers from Scottsdale Aquatic Club meeting qualifying times in their respective events.

Sectionals traditionally is one of the fastest meets in the United States. Teams from Arizona and the Pacific Northwest participate in this meet. Swimmers from SAC will be shaved and tapered for Sectionals. The level of competition at this meet is very high, and many swimmers from various teams will be qualifying for Olympic Trials.

Results for this meet can be found at:

<http://www.pns.org/Home.jsp?team=pnws2>



The 2012 Short Course Far Western Championship will be held on March 29-April 1 in Morgan Hill, California at the Morgan Hill Aquatic Center. Far Westerns is a meet for teams primarily located in the Western United States. Swimmers participating must meet the appropriate qualifying times. The meet is prelims and finals will some of the fastest age group swimming in the United States. Meet information and results can be found here:

<http://www.goalma.org/EventShow.jsp?id=195414&team=alma>



The Arizona Swimming 8 and Under Championship will be held on March 24-25 at Kino Aquatic Center in Mesa, Arizona. This meet is designed for 8 & Under swimmers only and features special awards for the swimmers. Part of the reason behind this meet is to recognize our 8 & Under swimmers and get them excited about the sport of swimming. Results can be found here:

<http://www.mesaaquatics.org/TabGeneric.jsp?tabid=54246&team=azmac>