

SCOTTSDALE AQUATIC CLUB: APRIL 2012

SAC NEWS



Head Coach

Kevin
Zacher



HEAD COACH KEVIN IS AN ASCA LEVEL 4 COACH AND COACHES THE NATIONAL GROUP AT SAC

REMINDERS

PLEASE READ PAGE 7 FOR INFORMATION REGARDING THE CACTUS POOL CLOSURE.

INCLUDED ON PAGE 7 IS A SCHEDULE AND LOCATION FOR ALL PRACTICES DURING THAT WEEK.

PLEASE REMEMBER THAT ANY PARENT USING THE WEIGHT ROOM OR CARDIO EQUIPMENT DURING PRACTICE TIMES IS REQUIRED TO PAY THE APPROPRIATE USAGE FEE AT THE FRONT DESK.

CONGRATULATIONS SAC SWIMMERS!!

WOW!! What a great season! SAC Swimmers from all ages and groups had a fantastic short course season! There were tons of new TEAM RECORDS set, several STATE RECORDS were broken and we have two new qualifiers for the USA OLYMPIC SWIMMING TEAM TRIALS!! Our swimmers are training well and swimming faster than we ever had before! Hard work and dedication pays off...let's keep it up!! Continue reading the newsletter for highlights from the Championship Season.

LONG COURSE SEASON

We are beginning a new season! Once again, the focus at the beginning of each season is kicking and stroke/skill improvement. Listen to your coaches and work on the things they tell you to work on!

Once we get into our competition season, it will be fast and furious! There are a lot of meets on the calendar... choose your meets wisely! Talk to your coaches about when you want to compete and how often you should compete.

We will kick off the Long Course competition season with the SAC Blue & Gold Meet...this is a fun, team event in which the coaches will divide the team into two squads that compete with each other!

Lastly, if you would like to have a parent/coach conference with your swimmer's coach, contact them to set up a time to meet!

GO SAC!!!

National Group Attendance Honor Roll:

Maia, Megan, Austin, Rachel, Sam F, Sam G, Parker, Kendra, Jenny, Weston, Katie, Sarah, Hunter, Victoria



FROM JUDY'S OFFICE

Spring Awards Banquet:

Sunday, April 22, 2012 from 1-4 PM.
Marriott Phoenix Airport Hotel
1011 N. 44th St. Phoenix

Join us for lunch and a celebration of the team accomplishments.

RSVP can be downloaded from [Events](#) on our website. Mail in to the address on the RSVP with your payment by [April 7th](#).

We are still looking for someone to put together the graduating seniors' slideshow, so if you can help, contact Judy in the office.

Fundraising:

Next mail order scrip due Wed. April 4. Bonuses being offered by Bath & Body(18%), Red Robin (11%), LL Bean(16%) and Shutterfly (14%). Time to start thinking about Mother's Day, graduation and end-of-year teacher gifts!

Officials in training:

If you have not yet attended a clinic, one of the requirements for certification, AZ Swimming is hosting one April 21 at the Phoenix Hilton Airport Hotel. Go to www.azswimming.org for a flyer with details and instructions for sending in your RSVP.

USA Swimming Safety Poster Contest:

For you creative ones among our swimmer membership, AZ Swimming has announced a poster contest to help build awareness of safety in the competitive swim team environment. For details, go to www.azswimming.org



Tyler:
Bronze/Senior 3
Coach

COACH TYLER: BRONZE & SENIOR 3

"Goals allow you to control the direction of change in your favor." -Brian Tracy. Each one of you will change this season. How you change is a choice that you will make each moment! We spent our first week of practices setting goals for our season. The "how to" process of achieving those goals will be decided by the decisions you make each day at workout. All of you are capable of achieving these goals, but it will require a positive change in work habits, technique and focus to do so. Remember that each decision you make is a step toward a habit! Do you need to develop better kickouts to reach your goals? If so, you will need to focus on improving each kickout at practice to create a positive change! I am so excited to watch you all grow to success this season! Let's rock! – Coach Tyler

Attendance Honor Roll

Senior 3

Casey Allen, Mac Bartkus, Monica Brundage, Billy Branson, Connor Calderwood, Hannah Cardall, Rob Douville, Josh Freed, Cole Henry, Caelin Muir, Jake Rusnak, Frank Scholz, Austin Smith, Morgan Swanson, Lauren Vanatta, Chase Wampler, Ryan Yiu.

Bronze

Michaela Abraham, Kailey Adcock, Cori Andrews, Taylar Jones, Kaitlyn Kelly, Kelsie Lane, Daphne Li-Chen, Lauren Rasmussen, Jordan Vlad,



COACH MARYANNE: HEAD AGE GROUP COACH/GOLD

Our group had the most exciting season. All of you should be so proud of what each and every one of you accomplished. Many of you surpassed your personal goals for the season. The thing that stood out to me with all of you is that all of you are learning how to race. It takes time to learn how to handle pressure and be able to hold on to a race going into the finish. I know that all of you have more confidence and believe in yourself more than you did in September. As a coach, it's a great feeling to see all of you go to the next level. I'll never forget that feeling of accomplishment during my swimming career when I was racing. It's something that you want to experience over and over again.

I look back over the past year or so and it's exciting to see how much all of you have grown in your swimming. There is so much more to racing than just getting up to the blocks and racing. You can learn something from every race you swim. The biggest thing that I can teach all of you is to remain positive about every race you do. You are going to have your share of disappointments, but you can learn something from every race that you do. All of you have such exciting futures to look forward to. I am proud to be a part of your swimming careers.

I hope all of you are excited to see what you can do this long course season. This season may be one of our most exciting yet. Keep working hard, believe that you can do anything and most of all have fun. I want you to look back on these years with all of your friends and realize how special all of it was. GO SAC!

Attendance Honor Roll

100% attendance

Nicole Falls, Tanner Falls, Steele Forbes, Anna Hostal, Samantha Milewski, Jered Moore, Kurtis Ottman, Grace Robinson, Taylor Ruck, Kylie Salvino, Nicholas Salvino, Emma Segneri

90% attendance

Kennedy Forbes, Abi Holdnak, Grace Laporte Madison Leblanc, Nicolo Quarante, Ally Yancy



Maryanne:
Head Age Group Coach



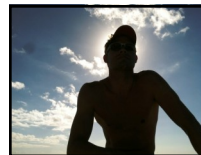
Coach Maryanne and
members of the Gold group.

SAC MISSION STATEMENT

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.

COACH KRIS: SENIOR 4

Senior 4, the long course season is here let's start it off with a bang. I need all of you to sign up for the blue and gold meet. Summer is fast approaching we need to start bringing water bottles to practice to stay hydrated. Since most of you were with me for the short course season I would like you all to take a look at the calendar and see what swim meets you will be able to attend. Also let's think about another stroke besides freestyle to concentrate on improving this season as well. let's try as a group to better job of bringing our equipment this season, we will be using it more and more. Last thing some of you have noticed how out of shape ya'll get after time off, don't worry it only takes a couple weeks to start feeling strong in the water again...



Kris:
Senior 4



Travis:
Silver & MMR

Hey Silver group!

After a successful short course season, we are back at it preparing for our upcoming long course competitions. We are going to be spending the majority of our time in the water building our strokes from the legs up with lots of kicking & skill work. Another key element that we are going to be emphasizing is utilizing our bodies to get the most out of each stroke. This is done through our rotation in freestyle and backstroke, and our lunging and pressing in butterfly and breaststroke. Keep these in mind during our sets over the next few weeks as we work toward becoming longer and more efficient in the water!

Coach Travis

Attendance Honor Roll:

Carlie H, Catriona J, Sam K, Robbie R, Sara S, Holly S, Ashley Y, Chloe Z

COACH LAUREL: SENIOR 2/10 & UNDER DIRECTOR

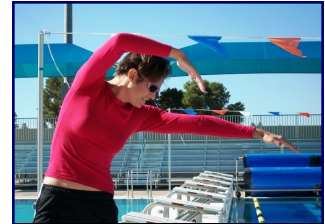
WRB note

Welcome back! It's so great to be back on deck knowing what an amazing job everyone did in the SCY season and foreseeing a great LC/Splash Meet season as well. Watching the swimmers who competed in the Regional, the State and the 8 & Under Championship meets represent us so well was really a thrill. This spring, we will continue to have a Splash meet series at our pool for the White, Red and newly established Yellow (11 & O green horns) groups. I HIGHLY recommend these swimmers attend these non-sanctioned (unofficial) meets as part of their practice regimen. Going to the low-key events to learn what the meets are all about for both athletes and parents is really helpful. During the summer, when the meets are mostly LC (50 meters) and not always for the newer and/or younger swimmers, we will be having a dual meet format SCY (25 yards) Splash series with Mesa Aquatics Club. These will be sanctioned - meaning the times will be official! Two meets will be at our pool and two at their Kino facility. Keep your eyes open for these fun summer events!

Senior 2 Note

Welcome to the first phase of training for Long Course season! We've got 3 1/2 months to our next Championship meet to attain goals set forth on your goal sheets which is why we're starting out now with lots of drills, kicking and aerobic sets. We'll be phasing in more sprinting and pacing as the weeks go by. I would really encourage everyone to make developing strength a 'must - do' in this part of the season. Attending the a.m. dry land workouts and taking every 'Wetland Wednesday' session seriously will help as we begin to sprint more and will have a marked effect on the rest of the summer.

As I mentioned in our Goal Meeting last Thursday, keeping your goals challenging yet realistic is important. Knowing where you're starting from helps to know where you want to be. Remembering that some goals will be longer term than others and that the short term goals are continual improvement is also something to keep in mind. Understanding how you are motivated and what you're mental state is during training v racing are also aspects that you may not have considered before but have a direct bearing on the outcome at meets. Do you swim like a beast in practice and get up on the blocks with confidence? Do you swim like a beast in practice and wonder what to do when you get up on the blocks? Do you give it your all in practice but over think your races becoming tense and anxious? Do your negative voices get inside your head? Are you more motivated by \$20 than by improvement for improvement's sake? These are all good things to identify and share with your coaches if you feel like you want help bringing your practice brain in line with your competition brain. Lastly, I am excited by the new look of our group with 8 athletes having come in during March, including Monica Brundage, Cole Henry, Nicole Pizzimenti, Cameron Chu, Grace Laporte, Abi Holdnak, Lauren Borst, and Sara Dafeo. We are awaiting the arrival of Samantha Milewski after her break from competing well at Far Westerns. We also say good-bye soon to Seniors, Dani Radvack, Sarah Bull, Leah Wilkey and Chad Decker - we wish them luck on their next adventure! Congratulations to recent Senior 2 graduates, Connor Stirling, Jackson Starmer and Thomas Ottman, who have moved to Senior 1.



Laurel:
10 & Under Director/
Senior 2

Attendance Honor Roll

Blue Group (90-100%)

Sarah Dowrick

Jack Hostal

Emma Guard (100%)

Kaley Rogers (100%)

Senior 2 (90-100%)

Monica Brundage (100%)

Sara Dafeo

Drew Eisen (100%)

Luke Endicott

Cotter Ewens

Kaleb Gould

Shelby Head

Cole Henry (100%)

Alex Pizzimenti

Nicole Pizzimenti

Mary Schell



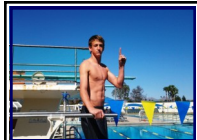
Nate:
Senior 1

I am proud of all the swimmers in Senior 1 for the tremendous job you did this season. I am happy about the best times, those of you who met a new qualifying time for Far Westerns, Sectionals, or NCSA Junior Nationals, and how you supported each other and worked together to achieve your goals. I am especially proud of how all of you show up every day at practice dedicated to working hard, and creating an atmosphere that is positive and exciting. That is one of the biggest reasons why I enjoy coaching each day. It is the feeling of working with all of you to get better in a productive fun way.

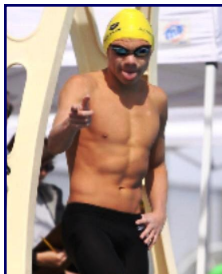
We need to carry this momentum in to the next season. This is the time to really go after it in practice, and set yourselves up to swim fast during Summer. Race your teammates each day. This will help get you ready for meets. Start doing sets on even faster intervals, and try to hold faster paces on main sets. All of these things will help you continue to have success as we move forward.

Attendance Honor Roll: Alessandro Bompreszi, Matthew Carbajal, Lilly Creswick, Triston Ferguson, Ryan Hoffer, Ethan Klein, Meredith Klosterman, Nick Magana, Marcello Quarante, Gillian Rieth, Zoe Rosin

We had many highlights this season. A few performances are highlighted below:



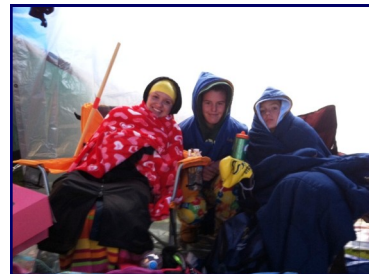
Ryan Hoffer set 6 individual team records and 4 state records at Age Group State. He is a Sectional and NCSA Junior National Qualifier. Ryan is currently ranked first in the U.S. in the 50 Free.



Marcello Quarante was a State Champion in the 50 & 100 Breast. He was a Far Western Champion in the 200 Breast in a team record time of 2:10.47



Senior 1 swimmers Adam Scimeca and Garrett Swanson are pictured with Olympic Trials qualifier Daren Brubaker. These three teamed with Nick Magana (pictured right) to break the team record in the 200 Meter Freestyle Relay.



Zoe Rosin, Lilly Creswick, and Gillian Rieth brave the cold at Far Westerns. Gillian re-qualified for Sectionals in the 1650, and Zoe was a first time Sectional qualifier in the 1650. Lilly was a first time Sectional qualifier this past season in the 500, 1000, and 1650. Her 1650 time qualified her for Open-Water Nationals



Ashley:
Age Group Assistant Coach

It sure is great to be back in the swing of things. MMR has spent the past couple weeks focusing on

kicking, freestyle, starts and a very strong emphasis on breaststroke kick. Almost the whole group has the hang of it!!!

I am so proud of each of the swimmers and their dedication since being back and regular attendance. Our goals this next season is to attend as many splash meets and regular meets as possible.

I am anxious and excited to see what this summer season brings.

Red and White swimmers!!
Spring is finally here and that means more kicking, drilling, flipping and diving! Everyone has been working extremely hard in practice to improve their skills, its starting to pay off in the meets!
With the spring and summer seasons ahead of us, it's starting to warm up outside...be sure your swimmers are bringing a water bottle with them to practice.



Crystal:
Age Group Assistant Coach

Attendance Honor Roll for March & April
80-90%
Codie Haws
Anna Leone
Eve Rennie
Yoni Vorobyovski

Attendance Honor Roll for March & April
100%
Reese Gould
Nicholas Ridgeway
Sophia Ridgeway
John Yu
Ana Bhati
Joseph Holdnak
Olivia Prelog

8 & Under Champ Recap

What a beautiful weekend for a fun fast meet! The SAC 8 & Unders showed why the future of the club is bright. As a group, we tried 40 new events, most of which actually got onto the official books as legal times! We also earned 71 best times, including new Regional times from Anna Leone of the Red group with three and Zara Brundage of the Blue group with one. One of the highlights of the meet was watching our littlest guys, 6 & Unders, Timur Orlov & Joel Maldonado, both 6, and Jordan Falls, 5, swoop onto the medal stand for nearly every event they swam! Our Top 3 point earners were Timur (94), Jordan (82), and Joel (57) in the 6 & U boys (no 6 & U girls swam); Ana Bhati (56), Taylor Courtney (41), and Hope Nolan (27) in the 7 y.o. girls (no boys swam); Ava Cunningham (49), Zara Brundage (22), and Anna Leone (12) in the 8 y.o. girls; and Kellan 'Tank' Pattison (114), Ray Nucuta (24), and Mason Balsic (23) in the 8 y.o. boys. Other point winners were Ellie Steele, Lauren Richards, Ashley Richards, Olivia Prelog, and Alexy Delermes in the 7 y.o. girls; Kylie Ney and Daisy Maldonado in the 8 y.o. girls, and Nicolas Ridgeway in the 8 y.o. boys. Coaches Crystal, Ashley and I had a fantastic time watching all the upcoming talent!



Championship Meet Recaps

AZ Age Group State Champs

Team--2nd Place overall

Individual State Champions

Emma Segneri--11-12 Girls--50 Free (Team Record), 100 Free, 200 Free, 100 Back, 100 IM

Alyson Yancy--11-12 Girls--50 Back

Hunter Ruck--10&U Boys--50 Free (Team Record), 100 Free (Team Record), 200 Free, 500 Free, 100 IM, 200 IM

Ryan Hoffer--13-14 Boys--50 Free (State Record), 100 Free (Team Record), 50 Fly (State Record),
100 Fly (Team Record), 50 Back (State Record), 100 Back (State Record)

Tanner Falls--10&U Boys--50 Fly, 100 Fly

Marcello Quarante--13-14 Boys--50 Breast, 100 Breast, (200 Breast--3rd--Team Record)

Madison Leblanc--11-12 Girls--100 Breast, 200 Breast

Nicholas Salvino--10&U Boys--50 Breast, 100 Breast

Taylor Ruck--11-12 Girls--500 Free, 1000 Free, 400 IM

Relay State Champions

10&U Girls--200 Free Relay--Sarah Raffie, Ashley Strouse, Greer Pattison, Leila Rosin

10&U Boys--200 Free Relay--Tanner Falls, Jered Moore, Nicholas Salvino, Hunter Ruck

10&U Boys--200 Medley Relay--Steven Florence, Nicholas Salvino, Tanner Falls, Hunter Ruck

*We also got second in this relay!!!--Jered Moore, Matthew Leblanc, Daniel Simmons, Jonah Maas

11-12 Girls--200 Free Relay (State Record)--Taylor Ruck, Sam Milewski, Alyson Yancy, Emma Segneri

11-12 Girls--400 Free Relay (Team Record)--Taylor Ruck, Alyson Yancy, Sam Milewski, Emma Segneri

11-12 Girls--200 Medley Relay (Team Record)--Alyson Yancy, Madison Leblanc, Taylor Ruck, Emma Segneri

11-12 Girls--400 Medley Relay--Alyson Yancy, Madison Leblanc, Taylor Ruck, Emma Segneri

13-14 Boys--200 Free Relay (State Record)--Marcello Quarante, Ethan Klein, Luke Armistead, Ryan Hoffer

13-14 Boys--400 Free Relay (Team Record)--Marcello Quarante, Tom Ottman, Ethan Klein, Ryan Hoffer

13-14 Boys--200 Medley Relay (State Record)--Ryan Hoffer, Marcello Quarante, Luke Armistead, Tom Ottman

13-14 Boys--400 Medley Relay (State Record)--Ryan Hoffer, Marcello Quarante, Luke Armistead, Ethan Klein

Senior Sectionals--Federal Way, WA

Team--Women--4th Place; Men--10th Place; Combined--7th Place

USA Swimming Olympic Trials Qualifiers

Victoria Toris--200 Back

Daren Brubaker--50 Free

Canada Swimming Olympic Trials Qualifiers (Canadian Citizens)

Maia Brundage--800 Free

TEAM RECORDS

Victoria Toris--13-14 Girls--100 Free (State Record), 100 Back (State Record), 200 Back, Open Girls--100 Free, 100 Back, 200 Back

Sam Getzen--15-16 Girls--100 Fly

Hannah Caldas--Open Girls--50 Free

Parker Green--15-16 Boys--100 Free

Daren Brubaker--Open Boys--50 Free, 100 Free

Open Girls 200 Free Relay--Victoria Toris, Hannah Caldas, Megan Cox, Sam Fazio

Open Girls 400 Free Relay--Victoria Toris, Hannah Caldas, Sam Getzen, Megan Cox

Open Girls 200 Medley Relay--Victoria Toris, Hannah Caldas, Sam Getzen, Sam Fazio

Open Boys 200 Free Relay--Daren Brubaker, Garrett Swanson, Nick Magana, Adam Scimeca

Open Boys 400 Free Relay--Parker Greene, Adam Scimeca, Daren Brubaker, Garrett Swanson

Open Boys 200 Medley Relay--Hunter Thompson, Brandon Hughes, Garrett Swanson, Adam Scimeca

FAR WESTERN UPDATE:

What an amazing swimming meet SAC swimmers had this past week at Far Westerns. Coach Travis and I had a wonderful time. It was great spending time with the swimmers and all the families. The deck was packed with tarps, but we somehow managed to get an area that we could put 5 tarps and a tent up. I had no idea our parents were so clever with securing the area from high winds and the cold. They all definitely win the honors of being called "Tool Man Taylor". I know the swimmers and coaches appreciated everything that they did for everyone throughout the meet. Thank you Carrie Rieth for getting the cake for Saturday night dinner.

We placed 5th over-all which is quite an accomplishment since we only brought 23 swimmers. Many of the teams that finished in the top 10 had squads of over 40+ swimmers. Our SAC swimmers stood out amongst all the swimmers at the meet.

Although, we had rain on Saturday and high winds and cold temperatures on Sunday, our swimmers rose to the occasion and swam some amazing times. The great thing about this meet is the competition is very intense and it takes everyone to a new level in their racing. There is so much to learn in new racing situations. We had 3 swimmers make new sectional cuts. Emma--100 free, Zoe--1,650 free, Taylor--1,000 free. We also had three swimmers win their events. Marcello (100 breast), Emma (50 & 100 free), Taylor (1,000 and 1,650 free)

The following relays and swimmers medaled in finals. I only picked 2 races per swimmer. You can go to 2012 FW live results to see all events:

13-14 boys--400 medley relay 6th (Kaleb, Cole, Luke, Marchello)

11-12 girls--200 medley 1st & 400 medley 2nd (Ally, Madison, Taylor, Emma),

200 free--2nd team record & 400 free relay 2nd team record (Taylor, Sam, Ally, Emma)

10 & under girls--200 medley relay--6th (Greer, Kylie, Leila, Sarah)

10 & under boys--200 free--1st & 200 medley--1st team record

(Jered, Nicholas, Tanner, Hunter)

Marcello--200 breast--1st (2:10.47) new team record, 100 breast--2nd 1:00.79

Emma--50 free--1st (24.25) Far Western record & team record,

100 free--1st (53.02) new team record & Sectional Cut

Taylor--1,000 free--1st (10:42.21) New sectional cut, 1,650 free--1st (17:48.19)

Tanner--50 fly--2nd (29.95), 100 fly--3rd (1:06.77)

Hunter--200 free--2nd (2:07.26), 50 free--2nd (26.77)

Madison--100 breast--8th (1:10.76), 200 breast--6th (2:31.92)

Sam--500 free--6th (5:21.24), 200 free--14th (2:03.44)

Ally--50 back--4th (29.13), 100 back--9th (1:03.51)

We also had best times and great swims from Zoe, Gillian, Lilly, Casey, Kaleb, Cole, Luke, Jered, Matthew, Nicholas, Jonah, Kylie, Greer, Leila, Sarah

A BIG CONGRATS TO EVERYONE THAT SWAM AT FAR WEST. YOU MADE SAC PROUD! THE COACHES ARE PROUD OF ALL OF YOU.



Scottsdale Aquatic Club
 APRIL 16-21 (Cactus Closure)

MMR=McDowell Mountain Ranch Pool--15525 N Thompson Peak Pkwy

Chap=Chaparral Pool--5401 N Hayden Rd

	Mon	Tue	Wed	Thu	Fri	Sat
National	3:00-5:30pm @ Chap	3:00-5:30pm @ Chap	3:00-5:30pm @ Chap	3:00-5:30pm @ Chap	3:00-5:30pm @ Chap	6:30-9:00am @ Chap
Senior 1	3:15-5:30pm @ Chap	3:15-5:30pm @ Chap	3:15-5:30pm @ Chap	3:15-5:30pm @ Chap	3:15-5:30pm @ Chap	6:30-9:00am @ Chap
Senior 2	3:30-5:45pm @ Chap	3:30-5:45pm @ Chap	3:30-5:45pm @ Chap	3:30-5:45pm @ Chap	3:30-5:45pm @ Chap	7:30-10:00am @ Chap
Senior 3	3:30-5:30pm @ MMR	3:30-5:30pm @ MMR	3:30-5:30pm @ MMR	3:30-5:30pm @ MMR	3:30-5:30pm @ MMR	8:00-10:00am @ Chap
Senior 4	3:30-5:00pm @ MMR	3:30-5:00pm @ MMR	3:30-5:00pm @ MMR	3:30-5:00pm @ MMR	3:30-5:00pm @ MMR	OFF
Senior AMs	5:05-6:20am @ Chap	5:05-6:20am @ Cactus Weights/Gym (SR 1-2-3)	5:05-6:20am @ Cactus Weights/Gym (National)	5:05-6:20am @ Chap	OFF	
Gold	5:30-7:30pm @ Chap	5:30-7:30pm @ Chap	5:30-7:30pm @ Chap	5:30-7:30pm @ Chap	5:30-7:30pm @ Chap	10:00am-12:00pm @ Chap
Silver	5:30-7:15pm @ Chap	5:30-7:15pm @ Chap	5:30-7:15pm @ Chap	5:30-7:15pm @ Chap	5:30-7:15pm @ Chap	10:00am-12:00pm @ Chap
Bronze	5:30-7:15pm @ Chap	5:30-7:00pm @ MMR	5:30-7:15pm @ Chap	5:30-7:00pm @ MMR	5:30-7:00pm @ MMR	10:00am-12:00pm @ Chap
Gold/Silver/Bronze AM	Off	Off	Off	Off	Off	
Blue	Off	5:30-7:00pm @ Chap	5:30-7:00pm @ Chap	5:30-7:00pm @ Chap	5:30-7:00pm @ MMR	Off
Red 1	4:50-6:00pm @ Chap	Off	4:50-6:00 @ Chap	Off	4:50-6:00pm @ MMR	Off
Red 2	Off	4:50-6:00pm @ Chap	Off	4:50-6:00pm @ Chap	4:50-6:00pm @ MMR	Off
White 1	4:00-4:50pm @ Chap	Off	4:00-4:50pm @ Chap	Off	4:00-4:50pm @ MMR	Off
White 2	Off	4:00-4:50pm @ Chap	Off	4:00-4:50pm @ Chap	4:00-4:50pm @ MMR	Off
White MMR	Off	4:00-5:00pm @ MMR	Off	4:00-5:00pm @ MMR	4:00-5:00pm @ MMR	Off



SAC NEWS

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