

## SCOTTSDALE AQUATIC CLUB: JUNE 2012

# SAC NEWS

**Head Coach**  
Kevin Zacher



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

### **REMINDERS**

Information for summer travel meets has been updated in the "Events" Section of the website. This includes Hotel Info for the (SOCAL AG Champs (Ventura), as well as Team Travel info for Sectionals. Look for Far Westerns and US Open/ Junior Nationals info soon.

**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.**

Can you believe it's June already? Before you know it the summer will be over! The long course season is always a quick one. Make sure you take advantage of every opportunity to race that you can.

At the few meets that we have already had this season, we have seen some tremendous swimming from SAC swimmers. Several team records have already been broken we have had new swimmers qualify for Sectionals, Far Westerns, AZ State Champs and Regionals! Awesome for this time of year!!

As we head into the competition phase of the season, let's remember a few things that make Scottsdale Aquatic Club swimmers stand out.

#### **SPORTSMANSHIP**

SAC swimmers are good sports. We compete hard and want to win and we give a great effort. We also are the first to shake the hands of our competitors and say "good job". This shows great character and spirit. We (coaches) are proud of our swimmers for showing great sportsmanship and respect towards our competition.

#### **ATTITUDE**

Remember to maintain a positive attitude all the time. You will swim much better if you are happy and enjoying what you are doing. A positive attitude is also infectious and will spread to your teammates! You are also much more likely to accomplish your goals if you remain positive. The following famous quote rings true: "whether you think you can or can't, you're right."

#### **T.E.A.M.**

**Together Everyone Achieves More.**

Finally, remember that we are a team. If we all work together toward our common goals, support each other, respect each other and treat each other well, great things will happen. Much of our success over the past few years can be attributed to this concept. Great teammates will support each other. Great teammates will encourage each other. Great teammates will praise each other on a job well done. Great teammates will push each other to be better. Great teammates will put the team ahead of themselves. Great teammates will "have your back".

The greatest thing about being in this environment is that it allows each and every team member to be great! Every person on the team can accomplish their goals and feel successful!

#### **OLYMPIC TRIALS**

Lastly, SAC has a few swimmers competing in the USA Olympic Swimming Trials at the end of June, in Omaha, Nebraska. Current swimmers Victoria Toris and Baren Brubaker will be competing at Trials along with former SAC swimmers Tyler Pennington and Robert Barrett. This is great for our club and speaks to the outstanding team we have. Good luck to our Trials swimmers! We will be cheering you on!

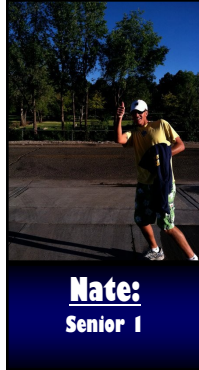
#### **Attendance Honor Roll**

**Maia Brundage, Megan Cox, Sam Fazio, Sam Getzen, Parker Greene, Kendra Griffin, Katie Shannahan, Victoria Toris**

## FROM JUDY'S OFFICE



**Scottsdale Aquatic Club Arena  
Baseball Hats are available for  
purchase in the office for \$20.**



**Nate:  
Senior 1**

**Upcoming Events**

**June 21-24:**

**SOCAL Age Group Champs**

**July 12-15:**

**AZ Senior State Champs**

**July 19-22:**

**AZ Age Group State Champs**

**July 24-28:**

**Sectionals**

**August 1-5:**

**Far Westerns**

**Attendance Honor Roll**

**Chase Andrews  
Alex Bomprezzi  
Lilly Creswick  
Triston Ferguson  
Ethan Klein  
Meredith Klosterman  
Nick Magana  
Thomas Ottman  
Gillian Rieth  
Adam Scimeca  
Maddie Stevens  
Zoe Rosin**

We are in the heart of the season. Meets are happening regularly, and we have upped the intensity during practice. I can't emphasize enough how you need to be resting during the day and drinking plenty of water. These two things will be getting more and more important as the season goes on.

Good job at the Phoenix Invite. We actually had quite a few best times. This is a great sign. Congratulations to Hayden Walker (400 Free) and Ryan Hoffer (100 Free) for winning events at the meet. Ryan's time was a new team record.

I am proud of the effort you give each day in practice. Your enthusiasm goes a long way, and you help keep the energy level high during difficult sets. I especially like the way you support each other at meets. Let's keep it going!

Please make sure you are getting to practice prepared with equipment and especially with enough water to keep you hydrated through practice.



**Tyler:  
Bronze/Senior 3  
Coach**

**COACH TYLER: BRONZE & SENIOR 3**

**"A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history." Mahatma Ghandi. You can change the world. You'll meet a lot of people in your lifetime that treat you as though you are nothing special, but don't listen to them! You can change the world! Developing this type of mentality requires knowing what types of goals you want to reach, and believing in your ability to reach those goals. You are far more capable of doing great things than you realize! Pick the goals that important to you and don't give up until you reach them. Don't ever give up! Without a determined spirit within you it is not possible to achieve every goal you set. Don't be discouraged by the difficulties of the climb! Focus instead on the view you will have once you reach the summit of your journey!**

**Attendance Honor Roll****Bronze**

**Michaela Abraham, Kailey Adcock, Alex Becker, Zachary Becker, Meghan Edgerton, Kelsie Lane, Jordan Vlad**

**Senior 3**

**Casey Allen, Billy Branson, Connor Calderwood, Rob Douville, Josh Freed, Jake Rusnak, Austin Smith, Chase Wampler, Ryan Yiu, George Yu**

## COACH MARYANNE: HEAD AGE GROUP COACH/GOLD

This past month has been amazing to watch all of you workout. I've seen such great progress from each and every one of you. Many of you that are new to the group have made the adjustment to my coaching and to the new group. I am proud of each and every one of you. Every swimmer in this group is getting stronger and more confident in your swims. Long course season is such a short season. You have four months to put it all together. Every workout is critical since the season is so fast and short. Your swims at the Cactus Classic were outstanding. I think this was one of our best meets. Every new season, I am in awe with what all of you do in the meets. I think that this season is going to be one of those seasons.

We are so fortunate to have the dynamics that we do within the Gold group. As a swimmer, I looked forward to going to workouts everyday to be with all of my friends. We were all striving to be the best that we could be. I believe that your success has so much to do with the environment that you swim in. We have quite the competitive group. It's easy to forget that you are racing your friends, whom are your teammates, day in and day out. I want all of you to learn how to treat your teammates with respect and kindness each and every day. You can be the fastest person in the world, but the greatest winner of all is the swimmer that is respected and admired by their teammates. All of you are wonderful individuals, however, I know how competitive swimming can be even amongst your teammates.

We have the Phoenix Invite this weekend. I can't wait to watch all of you race. You all are going to the next level. You are all so much more competitive than you were months ago. You're not afraid to put it all out there in the pool. It's OK to crawl out of a pool after a race. Heaven knows I had my share of races where I didn't know if I could use my legs to walk. What a great feeling knowing that you put it all out there, and you couldn't have given anything more. That's what I want all of you to learn to do in your racing.

SAC is an amazing team. Let's go out this weekend and show all the other teams how wonderful all of you are. GO SAC!

### Attendance Honor Roll

100% - Nicole Falls, Tanner Falls, Kylie Salvino, Nicholas Salvino

90% - Kennedy Forbes, Steele Forbes, Anna Hostal, Kirstyn Kubicki, Madison Leblanc, Grace Robinson, Taylor Ruck



**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, it's hot hot hot outside lets stay hydrated. Dehydrated muscles don't perform well at all. We started doing some dry-land on Tuesday and Thursday let's bring our shoes. We are going to be doing some test sets in the next coming weeks lets try to stay in the water. I would encourage all of those that are going on vacations to try and swim a couple times a week if possible. Parents the monsoons are coming so be prepared to pick up the kids early if they call. I know it's completely random if we get them maybe check the weather to see if we might get one. MMR is hot and there's not much we can do about it so the mornings we are there lets try and stay positive. The practices on those days will be long aerobic swims.... That's all keep up the good work.

K



**Kris:**  
Senior 4



**Travis:**  
Silver & MMR

### Hey Silver Group!

More swim practices, more swim meets, and more heat.....Summertime is here! We will be using the extra practice time and opportunities to their fullest in order to prepare for our championship meets in July. Remember that consistency is key to success and reaching your goals. Consistent attendance and hard work are the biggest part of this, but I also want you thinking about enforcing consistent practice habits (breathing patterns for free & fly, 3-5 dolphin kicks off every wall, tight streamlines, etc.). When we arrive at our championship meets in July, we will all race the way we have trained, so let's make sure we are training the way we want to race!

Coach Travis

#### Attendance Honor Roll

Sarah D, Cassidy J, Gatriona J, Sam K, Esther L, Audrey M, Lilly N, Robbie R, Grace S, Hailey S, Clare Y, Chloe Z

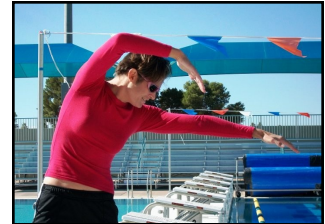
### COACH LAUREL: SENIOR 2/10 & UNDER DIRECTOR

#### Senior 2 May Attendance Honor Roll

**Monica Brundage**  
**Ryan Klein**  
**Mary Schell**

#### Blue May Attendance Honor Roll

**Asha Bansal**  
**Taylor Bernosky**  
**Zara Brundage**  
**Kari Harper**  
**Jack Hostal**  
**Hope Nolan**  
**Kellan Pattison**  
**Jake Rieth**  
**Ariel Vorobyovski**  
**Grace Weigel**



**Laurel:**  
10 & Under Director/  
Senior 2

#### Upcoming Events

**June 21-24:**  
**SOCAL Age Group**  
**Champs**

**July 6-8:**  
**AZ Age Group**  
**Regionals**

**July 10:**  
**July MAC Splash Meet**

**July 19-22:**  
**AZ Age Group State**  
**Champs**

**August 1-5:**  
**Far Westerns**



**Crystal:**  
Age Group  
Assistant Coach

**Attendance Honor Roll**

- Taylor Courtney
- Jen Griego
- Carly Johnson
- Liam McMullen
- Ashley Richards
- Lauren Richards
- Alexander Walter
- Mason Balsic
- Ana Bhatti
- Alyssa Ihling
- Mackenzie Leblanc
- Cassie Montano
- Naomi Rosin
- Yoni Vorobyovski
- Greyson Brown
- Jasper Brown
- Isabel Rennie

**Hello Red and White groupers!**

**“When you have the enthusiasm and the passion, you end up figuring how to excel.”**

**—Deena Kastor**

**I love this quote! How often do we commit to something, but are unenthusiastic about it? How many times have you found that you are not passionate about something you're doing, only to realize that you HATE it? I have... plenty of times!**

**Our Red and White swimmers are enthusiastic about practice and passionate about the swim meets! These swimmers are excelling, whether it is by shaving 11 seconds off an event; earning their 1<sup>st</sup> Regional time; or finishing their first Long Course meet. It's incredible to share in their swimming adventure; I'm excited to see what happens throughout the summer season!**

**Please remember that it is hot... and only going to get worse. Keep your swimmer hydrated throughout the day!**

**Keep up the great work swimmers; you're inspiring those around you!  
Coach Crystal**

**2012 Olympic Trials Preview**

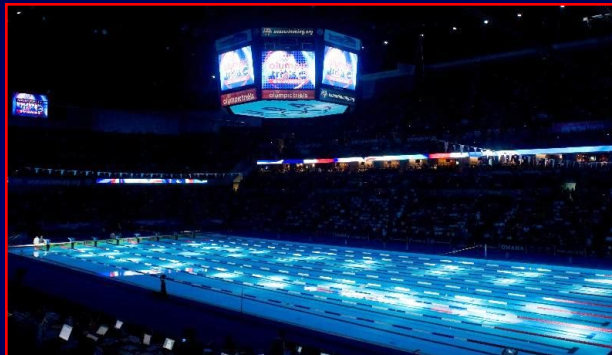
**Victoria Toris and Daren Brubaker are 2 current SAC swimmers that will be participating in Olympic Trials. Former SAC swimmers Tyler Pennington and Robert Barrett will also be participating representing SAC. This is a tremendous achievement. We congratulate all 4 of these athletes.**



**Victoria Toris will be competing in the 200 Meter Back**



**Daren Brubaker will be competing in the 50 Meter Free**



**The Olympic Trials pool is one of the greatest spectacles in swimming. It is located in Omaha, Nebraska.**



**Robert Barrett will be competing in the 200 Meter I.M.**



**Tyler Pennington will be competing in the 200 Meter Fly & the 400 Meter I.M.**

**2012 Summer (LC) Practice Schedule  
May 29 - July 29**

		MON	TUE	WED	THU	FRI	SAT
<b>White 1</b>		5:00-5:50pm	Off	5:00-5:50pm	Off	5:00-5:50pm	11:00-12:00pm @ Cactus
<b>White 2</b>		Off	5:00-5:50pm	5:00-5:50pm	5:00-5:50pm	Off	11:00-12:00pm @ Cactus
<b>White-MMR</b>		Off	6:00-6:50pm @ MMR	5:00-5:50pm @ Cactus	6:00-6:50pm @ MMR	Off	11:00-12:00pm @ Cactus
<b>Red 1</b>		5:50-7:00pm	Off	5:50-7:00pm	Off	5:50-7:00pm	11:00-12:00pm @ Cactus
<b>Red 2</b>		Off	5:50-7:00pm	5:50-7:00pm	5:50-7:00pm	Off	11:00-12:00pm @ Cactus
<b>Blue</b>		5:30-7:00pm	5:30-7:00pm	Off	5:30-7:00pm	5:30-7:00pm	9:30-11:00am
<b>Bronze</b>	AM	Off	6:00-7:30 @ MMR	Off	6:30-8:00 @ Cactus	Off	
	PM	5:15-7:00	Off	5:15-7:00pm	5:15-7:00	5:15-7:00	9:00-11:00am
<b>Silver</b>	AM	6:30-8:00 @ Cactus	Off	Off	6:00-7:30 @ MMR	Off	
	PM	5:15-7:00	5:15-7:00	5:15-7:00	Off	5:15-7:00	9:00-11:00am
<b>Gold</b>	AM	6:00-8:00 @ Cactus	Off	6:00-8:00 @ Cactus	Off	7:00-9:00 @ Cactus	
	PM	Off	3:00-5:00	3:00-5:00	3:00-5:00	Off	9:00-11:00am
<b>Senior 4</b>	AM	6:00-7:30 @ MMR	Off	6:00-7:30 @ MMR	Off	Off	Off
	PM	Off	3:00-5:00	Off	5:00-7:00pm	3:00-5:00	
<b>Senior 3</b>	AM	Off	6:00-8:00 @ Cactus	6:00-8:00 @ Cactus	Off	6:00-7:30 @ MMR	
	PM	3:00-5:00pm	3:00-5:00pm	Off	3:00-5:00pm	Off	7:00-9:00am
<b>Senior 2</b>	AM	Off	5:45-8:00 @ Cactus	5:45-8:00 @ Cactus	5:45-8:00 @ Cactus (GYM)	Off	
	PM	3:00-5:00	3:00-5:00	Off	3:00-5:00	3:00-5:00pm	6:30-8:45am (Swim) 9:00-10:00am (Gym)
<b>Senior 1</b>	AM	5:45-8:00 @ Cactus	5:45-8:00 @ Cactus (GYM)	Off	5:45-8:00 @ Cactus	6:45-9:00 @ Cactus	
	PM	3:00-5:00pm	Off	3:00-5:00pm	Off	3:00-5:00pm	6:30-8:45am (Swim) 9:00-10:00am (Gym)
<b>National</b>	AM	5:45-8:00 @ Cactus	5:45-8:00 @ Cactus	5:45-8:00 @ Cactus (GYM)	5:45-8:00 @ Cactus	6:45-9:00 @ Cactus	
	PM	1:00-3:15pm	Off	1:00-3:15pm	Off	3:00-5:00pm	6:30-7:30am (Gym) 7:45-10:00am (Swim)



**Pool Address:**  
**7202 E Cactus  
 Rd, Scottsdale, AZ**  
**Post/Mail:**  
**PO Box**  
**12021, Scottsdale, AZ 85267**  
**Phone/website:**  
**480-951-5368**  
**www.scottsdaleswim.com**