

SAC NEWS

Kevin Zacher: Head Coach

High School Swimming

Hi SAC Swimmers and Parents!

We are in the midst of the Arizona High School Swimming Season. The AIA State Championships are about a month away. Scottsdale Aquatic Club supports high school swimming and we have established great working relationships with the many high schools that our swimmers attend.

A couple of the main reasons we support HS Swimming are: 1—comraderie and helping your team succeed; there is a lot to be gained from working with the team to accomplish a goal; 2—peer recognition; many of our swimmers are the better swimmers at their respective schools and the peer recognition and acknowledgement can do wonders for self-image and self-confidence!

That all being said, the challenge during the high school season is making sure our swimmers are following the training plan we have put together. Each high school team requires the swimmers to attend a workout each week in addition to any meets they have. It is important that the swimmers get a good workout it in when they are with their high school teams to make sure we aren't missing any vital part of our training.



The AIA State Championships will be held November 8-9 in Mesa. We will have a large number of swimmers in that meet! Good luck to all of you. It would be great if some of our younger swimmers came down to watch and cheer on the SAC Swimmers!!

GO SAC!!!

Maryanne Graham-Keever: Head Age-Group Coach



Gold newsletter

At the start of every new season, I sit back and watch everyone workout and wonder how this season is going to be. I predict that this one is going to be one of the best our "Entire" group has ever had. I pat all of you on the back for the positive vibes that this group delivers, and the energy that all of you put out each and every day at workout. All of you should be thrilled to be apart of such a dynamic group of swimmers. We have something very special, and I don't want you to ever take it for granted.

I think everyone in this group has big dreams for their swimming careers. I wouldn't expect anything less from all of you. The one thing that I believe that is going to take all of you to that next level is your commitment to coming to practice. The statistics for attendance within this group is impressive for the month of September. Out of 34 swimmers, 6 swimmers were at 100%, 11 swimmers were at 95%, 7 swimmers were at 90%, 2 swimmers were at 80%. The inner drive within all of you and the efforts on sets is mine boggling to watch. As you get older, you are going to want to attend as many workouts as you possibly can. Achieving your

dreams is not going to be easy but when you are older, you will look back on this time and be grateful for your personal dedication. During my career, I was so determined to make the Olympic team. The only practices I missed was when I to sick to swim which was very rare. I knew that I had to give 120% every workout that I attended. I knew that if I missed practice, my biggest competition in the US wasn't missing practice.

All of you are starting to work on your goals. I, too, have personal goals for all of you. I have such high expectations for each and every one of you. Are they pretty impressive goals for each and every one of you? You bet you they are. I know with your hard work and dedication you will achieve them. Believe in yourself and all things are possible!

Bronze Group note

It's hard to believe that all of you have been training together for over six weeks. I am so impressed how hard all of you are working. I am so excited to be coaching all of you. It is a coach's dream to have the energy level that we do in workouts, and the commitment that all of you have to come to workout as much as you do. I have high expect-

tations for this group and every swimmer that I coach. Knowing that all of you are dedicated to trying to do your best is inspirational to me, as well.

All of you that swam in the meet this past weekend did wonderful. Every time you race, you learn something about yourself. Every pool that you compete in is different from the pool you train in. All of you have to learn how to race in cold weather and possibly in the dark like you did on Friday night. During practice when it starts getting colder out, you will still get out and do dives off the blocks. You need to learn how to do dives off the blocks and come down and stay still. You need to learn that you will do just as great in these weather conditions as you do when it's warm out.

I sit back and think about how great each and everyone of you are going to do this season. How fast can I get you to swim by the end of the season? Will you achieve the goals that I mentally have for each and every one of you? Next week I will be passing out goal sheets for you to fill out. I need each of you to have a goal for all your events. Dream big. All dreams are possible. GO SAC!

Crystal Strimple: Red/White Coach



Hi Red and White groupers!!

We have had a tremendous start to our season, everyone is working diligently on their streamlining and flip turns! Mistakes will happen at meets, try not to be so hard on yourself when they do, instead lets learn from the mistake! Thank you for giving 100% effort!
Go SAC!

Laurel Hill: 10 & Under Director/Pre-National

Blue Attendance Honor Roll

100% Attendance

Carsen Culiver
Samantha Cusick
Margaret Esterly
Ben Wightman

90% +

Carly Johnson
Daisy Maldonado
Joel Maldonado
Rylie Morrison
Hope Nolan

Pre-National Attendance Honor Roll

High School Swimmers - those who are attending at least 4 SAC practices and 1 morning per week

Josh Freed
Julie Gibson
Mary Schell
Emma Segneri
Austin Smith
Ryan Klein
Ally Yancy

Age Group Swimmers

Cassidy Kaiser
Madison Leblanc - 100%
Taylor Ruck
Samantha Maas
Thea Cartier



Travis Anderson: Silver

Constant Consistent Kick

From the time we start practice, until the end of the last set, you all have an opportunity to work on one of the most important aspects of your swimming, developing a constant, consistent kick. Your kick is like the motor on a speed boat. The stronger you can make your kick, the more powerful your motor will be. Take a look at this video of the Men's 100 Freestyle from London (<http://youtu.be/VO7y41uBdUA>). Watching all of the top finishers, you can clearly see that some-

thing they all have in common is a constant consistent kick. So, how can you all develop this? By taking advantage of every chance you get to kick FAST! Every kick set, every drill, and every swim set we do gives you the chance to strengthen your kick. Coach Erin and I want all of you to work on improving your kick in practice by keeping your kick constant and consistent through everything we do. Work on building a stronger motor so that you can finish your races as strong as the Olympians!

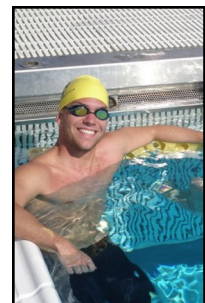
Attendance Honor Roll:

Silver A -

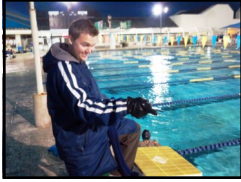
Asha B, Taylor B, Zara B, Ava C, Jade D, Erica E, Mia F, Jack H, Mackenzie L, Esther L, Christian M, Kylie N, Lilly N, Kellan P, Grace S, Katie S, Anisha S, Jade V, Grace W, Eric W, Izzy Y

Silver B -

Nick A, Kiara D, Kaitlyn K, Faith L, Sarah M, Kennedy M, Mia O, Sophia P, Maggie R, Cody T, Allie V



Tyler Fox: Senior Coach



"If you don't have time to do it right, when will you have time to do it over?" – John Wooden. Good question! Have you ever worked really hard in practice and had to redo a portion of the workout you had performed well? Yes! Why? Each element of workout is an opportunity to improve your ability to perform skills at race speed. Let's say you have just completed racing a 100 Freestyle in practice and achieved a great time. Great! But what if you also breathed in and out of turns, skipped your kickout on the last turn, and did a heads up finish at the end of the race? I'll probably ask you to redo the 100! On the occasion this happens at practice, I frequently hear "But I swam fast...besides, it's 5:45...practice is over and

I have to be somewhere!" I understand where you are coming from. You just swam a great race and are proud of the time you achieved. So am I! Here's my question to you: Why turn down an opportunity to improve even more? Why limit your successes in life? Your goal is to be the very best you are capable of being. Great! Did you swim a perfect race? No! So let's try it again with these focuses in mind! Since all of us are creatures of habit, we tend to perform the habits we have practiced. Do we want to accelerate in and out of our walls with proper breathing when we race? Do we want to execute all of our kickouts perfectly when we race? Yes! If we don't make time in workout to correct these mistakes,

we surely will perform these mistakes when the clock is ticking on race day. Your 100 Freestyle in practice might have been a best time, but by correcting your breathing and finishes, maybe we can drop even more time! Why set a limit for how good you can be? "If you don't have time to do it right, when will you have time to do it over?"

Attendance Honor Roll:

Michaela Abraham,
Kailey Adcock, Ansel Averitte, Ellie Borst,
Connor Calderwood,
Meghan Edgerton,
Maggie Ewens,
Taylor Jones, Nichole Kyprianou, Daphne Li-Chen, Kurtis Ottman, Cole Pallas

Maryanne Continued:

HONOR ROLL FOR BRONZE:

100% Alare Averitte, Azrin Averitte

90% - Hannah Gross, Abby Hudson, James Link, Jordan Miller, Juliana Rogers, Remy Sigtermans

ATTENDANCE HONOR ROLL FOR GOLD:

100% - Sydney Cusick, Matthew Leblanc, Lucas Olschansky, Aaron Rosen, Leila Rosin, Clare Yardley

95% - Jessie Apel, Leah Ault, Emma Edmund, Steven Florence, Audrey Madura, Greer Pattison, Kylie Salvino, Nicholas Salvino, Kylie Wetnight, Isabella Wylie, Chloe Zapata

90% - Carlie Herrmann, Kate Hostal, Samantha Krew, Kelly Richards, Sara Segneri, Daniel Simmons, Emmah Taylor

BECOMING AN OFFICIAL:

We cannot run meets without officials and we encourage parents to take on this valuable role in our club.

Stroke and turn officials, starters and referees are responsible for the conduct of the meet and enforce all applicable rules.

The progression for officiating is stroke and turn, to starter, to referee, with all positions requiring training and testing.

You must be at least 18 years of age in order to become an official.

Steps to becoming a stroke and turn official:

Join USA Swimming as a non-athlete by mailing in the registration form with your check to AZ Swimming. http://www.azswimming.org/pdf/2014_Application-Non-athlete.pdf. Cost of that fee is credited to a family's fundraising. Wait a couple of days until AZ Swimming has received the form. Then send a head shot photo of yourself to badges@azswimming.org.

Log into USA Swimming and under officials on the member resources page, submit request for Level 2 background check. Cost of service is credited to a family's fundraising. <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1678&Alias=Rainbow&Lang=en>

Complete the athlete protection course in USA Swimming
<https://www.usaswimming.org/DesktopDefault.aspx?TabId=2193&Alias=Rainbow&Lang=en>
There is no cost for this course. It takes about an hour.

Sign up to train at 4 meet sessions at sanctioned events under supervision of certified officials. This cannot be a session that only offers long distance freestyle.

Attend a stroke and turn clinic hosted by a club or AZ Swimming. You can find course schedule on AZ Swimming's website under the officials' page
http://www.azswimming.org/pdf/2013_Officials_Training_Schedule.php.pdf

Pass on open book (USA Swimming rulebook) exam on-line on USA Swimming website.

You will be given credit for hours for the meet sessions and clinic as well as a bonus 10 hours for completing all steps and becoming certified.

You will not be given credit if you train but do not follow through with the certification.

Becoming a Meet Marshal:

Meet marshals are responsible for monitoring the warm up pool and locker rooms during a meet. Before signing up to do this job at a meet you must have a badge from AZ Swimming. Here are the steps:

Go to the safety information page in AZ Swimming: <http://www.azswimming.org/safety.php>
Click on the button that says "to begin training." You will take a brief course and answer a few questions.

The results of the quiz will be sent to the AZ Swimming office. A picture is required for your Meet Marshal badge. Picture should be sent to badges@azswimming.org. Upon receipt of your information from the test site and your picture, your Meet Marshal Badge and vest will be sent to you.

Fundraising:

October SAC Night Out will be held on Thursday October 16th at Which Wich. Individuals and families can go to either the McDowell Mountain Ranch or the Grayhawk locations from 3:00-8:00pm.

The January SAC Night Out will be held on Thursday January 16th at the NYPD Pizza, Scottsdale Road and Shea Blvd.

4-Please submit SAC pictures to SACwebsiteinfo@gmail.com. We will be adding a pictures section to the website. When swimmers and families submit pictures please ask that they do their best to identify those athletes in the picture(s) and the location/date of the meet. Finally please let everyone know that all pictures will be reviewed before being uploaded and only those who has logged into the SAC website will be able to view the pictures.

Dear Swim Team Parents and Friends of Scottsdale Aquatic Club:

As part of the team's fundraising efforts, we have teamed up with a local automotive repair company, Wilhelm Automotive, as a preferred vendor.

Wilhelm Automotive, celebrating their **85th Anniversary**, has recently opened its 6th location in the Scottsdale Airpark and are looking to get involved with the Scottsdale/North Phoenix community. They are a long serving family owned business who pride themselves on great customer service and a generous approach when giving back to the community. Scottsdale Aquatic Club will be selling Wilhelm Automotive Discount cards in the team's office with **ALL** proceeds go to SAC! The price is \$30 for \$155 worth of value.

The card offers are as follows:

- **TWO FREE OIL CHANGES** (Valid for most cars and light trucks) Oil Change includes up to 5 quarts 5W30 Standard Oil, filter and chassis lubrication. **USUALLY \$30 Each!!**
- **FREE** brake and undercarriage inspection. And Save \$25.00 on any Brake repair needed.
- Brake Fluid Flush, Save \$20.00.
- AC Service and Check, only \$24.95. **USUALLY \$69.95**
- Transmission Fluid Flush, Save \$20.00

All offers are redemable at the Scottsdale Airpark Location only. There is no expiration date, so use them when you need them!

15455 N 83rd Way
Scottsdale, AZ 85260
Call to set you appointment at- 480-646-8420





Scottsdale Aquatic Club Fundraiser Night*

(mention SAC when placing order)

WHEN: Thursday, October 17, 2013

TIME: 3:00 pm to 8:00 pm

WHERE: Which Wich? Superior Sandwiches

McDowell Mountain Village

15033 N. Thompson Peak

480.451.WICH

Grayhawk Plaza

20851 N. Scottsdale Rd.

480.513.WICH

In a hurry? Go to www.whichwich.com, place your order online at the McDowell or Grayhawk location, mention SAC on the order, and stop by and pick it up!

*A portion of the sales goes directly back to SAC

