

SACNEWS

A SCOTTSDALE AQUATIC CLUB PUBLICATION

The October 2012 Newsletter



Coach Kevin: Head Coach/National Group



Head Coach Kevin Zacher

HIGH SCHOOL SWIMMING

We are well into our fall season! We have many swimmers on our team that are participating with their high school swim team. This is a fun and exciting opportunity for swimmers to shine for their respective schools. While we will continue to support and encourage our high school aged athletes to participate in high school swimming, it is important to

remember that we are training to perform year round at a high level. High school swimmers must attend as many SAC practices as possible to maintain their training and preparation for the meets later in the fall and spring. We have our swimmers on a training plan and to get the most out of that, we need to see the swimmers as much as possible! Morning practices are a great opportunity to get some extra work in.

Good luck to all of our high school swimmers!

MORNING WORKOUTS

For swimmers in the Senior Training Program aspiring to be the best they can be, morning workouts during the week are important for their development. Studies and

literature have shown that increasing the frequency of practices is beneficial to mastery of skills. Morning practices also offer an opportunity to work on skills/technique.

For the swimmers, this will mean improving their time management skills. They will need to stay on top of their school work and get to bed early. These are important skills to learn, especially for those that are planning to swim in college. Many college programs practice as many as 11 times per week! This is great preparation for that.

I want to challenge our senior swimmers to attend as many morning workouts as they can! They will be better for it!!

GO SAC!!!

Maia Brundage

National Group Attendance Honor Roll

Judy Pennington: Team Administrator



Service hours: Jobs for our home events are posted about 3 weeks ahead of the event. An email is sent out in advance, announcing when the sign up is being posted. You need to log into the website and there will be a job sign up button visible under the name of the event when the sign up is available. USA Swim Registration: If you joined the team before April 2011 or trans-

ferred to us from another USA Swimming team this fall, USA Swim registrations will be renewed in November. There is no need for you to do anything- your account will be charged \$61 per swimmer, Nov. 1st. The USA Swim registration fee is a separate annual fee from the club annual registration paid for each swimmer in Sept.



Building a Tradition
One Second at a Time
Swimathon 2012

Maryanne Graham-Keever: Head Age Group Coach

Note to Gold:

Wow, what a way to start off the new short course season. Workouts have been amazing and this past weekend we had so many wonderful swims. All of you are looking stronger and more confident in your swims. We still have more work to do on our turns and IM transitions. So much time can be saved just by doing effective turns and finishes. Every day we will continue to do stroke work and concentrate on what "we" are doing on every turn and off the walls. Hold yourself accountable and try to feel what your body is doing. Try to become more aware of where your shoulders are on turns, where your hands are and how tight your streamline is off every wall. All of these elements are critical to your final time in your races.

I'm very excited about this season, and I know Coach Daren is as well. I think all of you are going to surprise yourself. I always tell all of you to dream big. I know I

have huge dreams for each and everyone of you. I can't wait for States in March. We have five full months of training left before States. That's a lot of training; turn work, stroke work, sprint work and dives. Dry land is equally as important. You want to become stronger and have your core as strong as possible. I'd like all of you to make it a goal to try to be lined up on the side of the pool to get every lap of warm-up in. Make an attempt to give 100% and then some on every set. Become a

perfectionist when we do drills and work on our strokes and turns. **Be the best that you can possibly be on everything that you do in workout. This is how dreams become a reality. GO SAC!**

Note to Yellow:

I am so impressed by each and every one of you. You all have accomplished so much since you began on the team a short five weeks ago. Every day in workout I can see all of you getting stronger and cleaner with your strokes and turns.

Your send offs are getting harder on sets and your kicking is getting stronger.

I am hoping that this past weekend gave you more confidence in your swimming. We had almost the entire group swimming. I know it was intense but all of you came through with flying colors. I have to say I was very impressed with all of you. Everyone has to begin somewhere in their swimming career. This just happened to be a very busy meet. Many of you made Regional times to swim in the big Regional meet which is February 22-24th. How exciting for all of you since this was your very first swimming meet as a US swimmer.

I look forward to the next swimming meet to see all of you race. You are learning so much about yourselves. I know that when you step up onto the blocks, you will be more confident in yourselves and believe in yourself more. The greatest thing about meets is being able to spend time with your friends between races and building friendships that will last a lifetime.

I am so glad you are apart of the "SAC Family" and to be your coach.

GO SAC!



Coach Maryanne

Gold:

100% - Steele Forbes, Taylor Jones, Cassidy Kaiser, Madison Leblanc, Grace Robinson, Robbie Robinson, Leila Rosin, Hunter Ruck, Taylor Ruck, Daniel Simmons

90% - Jessie Apel, Ellie Borst, Emma Edmund, Steven Florence, Kirstyn Kubicki, Matthew Leblanc, Samantha Maas, Kurtis Ottman, Ashley Strouse, Emma Taylor, Hannah Woolston

Yellow:

100% - Connor Cox, Keenan Jenkins, Marcus Liebman, Nicolas Luthi, Kennedy Muhs, Lauren Severkovski

90% - Rachel Rawlings, Jack Flanigan, Camden Beal

Attendance Honor Roll

Tyler Fox: Senior 3/Bronze



Coach Tyler

"Only those who risk going too far can possibly find out how far one can go." - T.S. Eliot

At every workout there are moments where your commitment to "be the best I can be" is tested. Even though you all work extremely hard, these difficult moments make it very easy to choose to take short cuts. You might be tempted to not quite give 100% effort on one or two of your repeats. You might be tempted to not do those extra few dolphin kicks off the wall. You might not

be as aggressive in and out of the walls as you would want to be in a race. You might even slow your last few strokes into the wall instead of working on a perfect finish. You come to practice each day and work incredibly hard because you want to be the best you can be. These moments of testing are great opportunities to make forward progress. As T.S. Eliot suggests, "Only those who risk

going too far can possibly find out how far one can go." If you risk further fatigue - even exhaustion - by pushing your limits beyond your comfort zone, you will be able to achieve far greater success than we have thus far. By embracing these challenges and overcoming them each day you will truly find out how far you can go. You are all awesome! Keep up the great work!

SR3: Michaela Abraham, Kailey Adcock, Casey Allen, Ashley Coy, Meghan Edgerton, Josh Freed, Anna Hostal, Kelsie Lane, Caelin Muir, Christine Peterson, Taylor Rowe, Austin Smith, Lauren Vanatta.

BRONZE: Tira Barry, Alex Becker, Chris Coy, Rachel Dutcher, Mickaela Elich, Molly Hudson, Wesley Jung, Emily Kunasek, Daphne Li-Chen, Jack Marcine, Kacey Roos, Jeremy Yee.

Attendance Honor Roll

Travis Anderson: Silver



Coach Travis

Hey Silver Group!

What a great showing we had at our first meet of this season! You all got a chance to see how much stronger you've gotten from all of our hard work over the summer, and you should be very proud of your efforts. Everyone looked very strong on top of the water, and I saw some great kicking through your races.

We are going to focus heavily on our breakouts, turns, and kickouts over the next few weeks. The breakout is our first stroke we take after pushing

off of a wall, and it is very important that we keep our head down and accelerate through this stroke so that we can maintain the free speed we get off of the wall. Breathing on this first stroke causes our bodies to slow down, and makes us work harder than we have to for our speed on top of the water. Our biggest focus for our turns is going to be accelerating into the wall. The more speed we have going into our turn, the more speed we will have coming off of the wall! Finally, we are going to work on increasing our ability to kickout aggressively off of our walls under-

- Ryan B
- Jaicie C
- Riley C
- Sydney C
- Sarah D
- Mason E
- Jack H
- Cassidy J
- Sam K
- Faith L
- Esther L
- Julia M
- Greer P
- Kelly R
- Jake R
- Sara S
- Hailey S
- Jade V
- Ariel V
- Clare Y
- Chloe Z

Silver Attendance Honor Roll

water. Everyone did a good job attacking their underwaters off of their starts in their races, but we need to work on attacking every underwater kickout just as strong! Setting a goal in practice to go 3-5 strong kicks off every wall in every set will teach your body how to stay strong underwater. Once that becomes easy, increase the number from 5-7, and so on. Eventually, you will get so strong underwater that you will be moving just as fast, if not faster, than you do on top of the water! Check out this video to see what I mean: <http://youtu.be/QxtYJf48s-4>

Laurel S Hill: 10 & Under Director/Senior 2



Coach Laurel

Blue News

Holy best times, Batman! What an amazing meet the Blue Group had in Phoenix - we looked fantastic! Since we know where we're starting from, we can now create end of the season goals. Remember the steps that will get you to your goals are not necessarily time-based but rather skill-based. Practicing turns and streamlines ALL the time, making stroke corrections such as eyes down or little finger in first, doing dry land right... these can be daily goals that will help your big picture goals.

Speaking of dry land, when the weather gets cooler, we'll do a little more out of water strengthening. Strong shoulders and core muscles - abs, hamstrings, quads,

hips, and back - are essential to fast swimming. We want athletic swimmers because they are the fastest. Can you do a 'real' push up, keep your legs off the ground during back flutters? If not, then practice! Did you know that for part of Ryan Lochte's dry land, he flips tractor tires over and over? This doesn't seem to be related to swimming, but it is because it develops over all strength and conditioning - athleticism - which is great for swimming faster (and looking and feeling good, too)!

You guys are on course to have the best season ever!

Senior 2 News

With the goal meetings done and the first "real" meet under our belts, I can safely say our season will be awesome! Already many best times have gone down. Knowing what your splits need to be in order to achieve your goals has been eye-opening for many during workouts. There's no

magical formula to make it happen. First, you dream it, then you make an executable plan, next you practice your plan as perfectly as possible (a bit of alliteration for Monica), finally, you get up race smart and have fun getting faster and faster.

While I try to keep workouts generally engaging, I know some of you 'check out'. I would ask, however, that you stay focused on the little things that add up to goal-breaking efforts. Are you streamlining past the flags, working the underwaters, counting your strokes, thinking about the catch, engaging your core, finishing

your brst kick, watching the clock, pressing your chest and up-kicking on fly, keeping your head in-line, making sure your turns are tight? I really believe that you are on the right path to achieve your best yet! Be smart, stay positive, have fun and enjoy the journey!

Blue

Asha Bansal
Ana Bhatti-100%
Ellis Bohon
Elke Calhoun
Sam Cusick-100%
Russell Johnson
Ryan Kaiser-100%
Justin Kereszturi-100%
Hope Nolan-100%
Grace Weigel

Senior 2

Monica Brundage
Mac Bartkus
Sara Dafoe
Cole Henry
Ryan Yiu
Persi Zamani-Raman

Attendance Honor Roll

COLLEGE RECRUITING PRESENTATION



SAC will be holding a college recruiting seminar for ALL HIGH SCHOOL AGED SWIMMERS that are planning to attend college. It is highly recommended that everyone attend that is thinking about swimming in college. The goal of the seminar is to help everyone understand the college

recruiting process and the things you can do to help find the right school. This is very helpful for swimmers and parents.

Sue Cox will be doing this presentation. Following the initial presentation, we will be holding meetings monthly for swimmers that are Sophomores in high

school and older once per month to make sure they are following the process/steps to put themselves in the best position possible for college recruiting.

DATE: Monday, October 15

TIME: 6:00-7:00PM

WHERE: Cactus Pool Concession Area

Crystal Strimple: Assistant Coach



Coach
Crystal

Red and White groupers!

What an amazing couple of weeks we have been having, everyone has come together to work as a team and I'm so excited to see what the fall season of racing and practice brings for each one of you!

Even when you feel like you might not be the strongest; the fastest; the most coordinated, YOU go above and beyond what is expected. It's an incredi-

ble accomplishment to come onto a pool deck, get into the water with 20 other kids and give 100% at each and every practice!

Coach Erin and I are extremely blessed to work with you on a daily basis and be apart of your growth in this sport! Keep working hard, kicking strong and flipping those turns!

"To finish will leave you feeling like a champion and positively change your life"

-Jeff Galloway, U.S. Olympian

White Group Attendance Honor Roll:

Magnus Baker, Marley Baker, Logan Conway, Katelyn Dzenis, Skias Hainline, Cam Sanders, Sarah Sherman, Hauk Tallman, Emma Bell, Greyson Brown, Jasper Brown, Elizabeth Caragher, Alex Raducanu, Kallie Spitzke, Eric Wightman

Red Group Attendance Honor Roll:

Bryn Anderson, Taylor Courtney, Carsen Culiver, Michelle Ivanova, Riley Morrison, Tristan Purrington, Ashley Richards, Nicholas Ridgeway, Sophia Ridgeway, Katy Sheldon, Yoni Vorobyovski, Alexander Walter, Kiele Calhoun, Rachel Etebari, Mia Faasse, Joseph Holdnak, Braeden Iannacone, Julia Kereszturi, Mia Olsen, Cydnie Perkins, Scarlet Peters, Emmie Rhude, Naomi Rosin

Attendance Honor Roll

Bob Platt: Assistant Coach



Coach Bob

A native of Fort Washington, Pennsylvania, Bob moved to AZ in September of 2004.

As a lifelong athlete, Bob swam and dove from an early age. Upon high school graduation Bob attended the University of Maryland, College Park before transferring and graduating from Temple University with a Bachelor of Science in Marketing. During his time at Temple University, he participated in a yearlong marketing internship at Walt Disney World in Orlando, Florida.

As a full time college student Bob began his coaching career at a small community team outside of Philadelphia before being recruited to be an assistant coach for Germantown Academy Aquatic Club under the direction of Dick Shoulberg, a program widely regarded as one of the best swim clubs in the world. While an assistant coach at Germantown Academy Aquatic Club Bob had the experience of helping to place 4 men on the 1992 USA Olympic Swim Team. In the fall of 1992 Bob became the head swim coach of Spirit Swimming located in Newtown, Pennsylvania. During his 12 years as the head coach of Spirit Swimming, there was at least one Senior National Qualifier every season. After the 2004

Olympic Trials, Bob moved to Arizona where he became the Senior Program Director at the Southwest Valley Family YMCA in Goodyear, AZ overseeing a staff of 70 employees. The departments under his supervision included Membership, Sports, and Aquatics.

Bob's volunteer and community involvement have included supporting such non-profits as the American Cancer Society of Philadelphia, The AIDS Fund of Philadelphia, In10 of Phoenix, and he is currently on the Board of Directors for the Southwest Center for HIV/AIDS.

Bob currently resides in Paradise Valley, AZ.

Erin Layman: Assistant Coach



In 2007 I started coaching at Moon Valley Aquatic Club working with the lower level swimmers. For the first year my focus was working on stroke technique, and towards the end of 2008 I started training our athletes who either were trying to achieve their state times, or had just qualified. The majority of my



Coach Erin

swimming education comes from working as the assistant coach to Ron Gercke. I started working with Coach Ron in 2009 and for the past 3 years have been taught what is required to develop athletes both physically and mentally. With a swim background that is over 30 years long Coach Ron has shown me exactly

how he trained swimmers ranging from new comers to state champions. I have been given the opportunity to help develop our more talented athletes. Most recently I was fortunate enough to coach some of MVAC's 9, 10, 11 and 12 year old girls to top 8 finishes at the 2012 short course and long course State Championships. As well as coaching them at Far Western Championships this year.

SAC News

Pool Address:
7202 E Cactus Rd, Scottsdale, AZ

Post/Mail:
PO Box 12021, Scottsdale, AZ 85267

Phone/website:
480-951-5368
www.scottsdaleswim.com

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.



W A L L O W E R S
FROM SCOTTSDALE AQUATIC CLUB

Nate Moore: Assistant Head Coach/Senior 1



Sooner or later I imagine we will get a break from the heat. Until then please remember to bring lots of water to practice to help stay hydrated.

We have had meets so far this season for both high school and SAC. I have been very impressed with our fast swimming. We have had numerous swimmers achieve best times, and we are getting in to the hardest part of the season.

If you are not swimming quite at the level you want to, and you feel the decreased daily yardage because of participating in high school swimming is the cause, then I suggest going to morning

Chase Andrews
Luke Armistead
Emma Broome
Ryan Hoffer
Samantha Milewski
Emma Segneri
Garrett Swanson

Attendance Honor Roll

practice at SAC. This is the best way to help you stay at the conditioning level your body is used to. Many of you need intensity and yardage every day, and any little slip in this can cause you to feel sluggish and not as strong in the water.

We have a ton of spirit in our group. Our energy level is extremely high every day at practice. I love the fact that all of you support each other on a daily basis. Positive attitudes are contagious, and your attitudes benefits our group greatly. We need to also spread the positive atmosphere to the other groups as well. We are in a unique position to help other

groups on our team succeed by being leaders and representing SAC the best we can. I encourage all of you to cheer on the younger groups especially. These younger swimmers look up to you more than you can imagine. They will always remember if you give them a high five, or just do something as simple as saying good job after a race. This is one of the easiest ways we can develop rapport with the other groups and help SAC become even better than we are now.

Keep up all the great work. I am very proud of you.



Coach Nate