

December 2013



SCOTTSDALE AQUATIC CLUB



@ScottsdaleSwim



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UPCOMING EVENTS:

Holiday Fest: Dec 5-8th, ASU Mona Plumber Aquatic Center

Gulf Senior Champs: Dec 6-8th, Texas A&M College Station TX

USA Swimming Junior Nationals: Dec 12-14th, Greensboro, NC

ASG Meet: Dec 14-15th, Glendale Community College

Important Dates to Remember

SAC HOLIDAY BREAK

Dec 21-25, 2013

NO PRACTICE

Enjoy your time off to be with family and friends!

Practices resume on Dec 26, see the website for the Holiday Training Schedule.

AZM Dual Meet Champs

Jan 18-20, 2014

PCDS

Selected swimmers aged 14&U will be invited to this meet. We are limited in the number of swimmers we can bring. See your coaches to learn more.

Austin Grand Prix

Jan 17-19, 2014

Austin, TX

This is a qualifying meet! Please see website for details and get signed up.

SAC Winter Invite

Jan 24-26, 2014

Cactus Pool

This is our No Time Standard meet, open to ALL SAC swimmers! Be sure to get signed up now!



Did you know?

Swimming strengthens the heart and lungs; it also works out all of the body's major muscles and is a stress reducer!

HAPPY SWIMMING!!



SAVE THE DATE:
Saturday, April 20, 2014

SWIM-A-THON

#sacnation

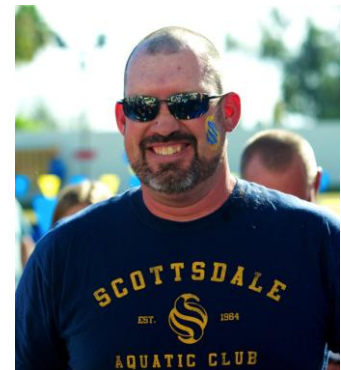
What a great day we had! As of this writing, we're closing in on \$50,000 - a truly amazing effort from all of those who participated in this hugely successful fundraising event.

A BIG THANK YOU goes out to the Swim-a-thon Committee: - Jen Dorsch, Chair, Diana Cerrito, Katie Davison, Susan Toris, Jen McDowell and Laura Rennie. Also, much thanks goes to Jeff Gross and his company, Integrity Food Brokers, who got all of the food donated from Hormel Food Co., and Key Impact Food Brokers and to Corporate Follies who donated all of the fun games, popcorn and cotton candy.

And of course, THANK YOU to all the membership who humbly asked your friends and relatives to support the cause.

Congratulations to the Top 10 Individual Earners:

Maddie Daly
Kiara Davison
Erica Esterly
Lewis Esterly
Margaret Esterly
Hannah Gross
Nicole Horton
Sarah McDowell
Alex Perez
Miriam Sheehan



Congratulations to the Top 3 Group Earners:

Gold
Blue
Silver A



SWIMMING RESOURCE CENTER

Each month, an article will be posted about the different components that comprise being a successful athlete and/or swimming parent. Just click on the link below each heading for more information.

Keep Your Head in the Game - Overcoming Anxiety

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1587&itemid=4493&mid=12394>

Being a Better (Swim) Parent - How much praise is too much?

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=2208&itemid=3978&mid=11881>

You Are What You Eat - Coach, I have a cramp!

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1635&itemid=5612&mid=11541>

Injury Prevention - My shoulders are so sore!

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1551&itemid=5733&mid=11843>

****If you come across an article that you'd like to share with the membership, please send Coach Laurel the link and she'll look it over for future Newsletter Editions.****

Judy's Corner

Fundraising and Service Hours

Log in to the website and go to [My Invoice/Payment](#) and you will see tabs for fundraising and service hour tracking. Remember, second quarter fundraising runs December 1 to February 28!

Current fundraising opportunities:

Mail Order Scrip—turn in your order by Dec 13—gift cards will be back before the holidays. Go to Great Lakes Scrip to see the merchant list.

Bashas gift cards are stocked in the office -- \$100 denominations and must be purchased with cash or check. These cards can be reloaded at the store. Save your “reload” receipt and turn it into the office for further fundraising credit (6%).

Upcoming service hours:

SAC Winter Invite – Jan 24-26 – job sign-up will be posted Saturday, January 4th at approximately 9:00am.

For away swim meets, we are often called upon to provide timers. If you time, let Judy know how long the session was so we can credit your account for time served.

We are frequently scrambling to get meet marshals, particularly as we need to provide both female and male marshals at our meets. Go to www.azswimming.org and click on the safety information button, which will take you to a brief instructional course and some online questions. You will then need to provide a photo of yourself and sent that to badges@azswimming.org. You will be mailed a badge and a vest.

EVERY MEET MARSHAL NEEDS TO “RE-CERTIFY” NOW IF YOU TOOK THE COURSE PRIOR TO DEC 1, 2013.

Scottsdale Aquatic Club
P.O. Box 1202
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www.scottsdaleSwim.com

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<https://www.facebook.com/ScottsdaleAquaticClub>

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A note from the coaching staff...

During this holiday season as you reflect back on your 2013-year, we hope that the memories made are filled with fun, laughter, popsicles, goggles, caps, sunscreen, water bottles, bubbles, ribbons and parka's.

Your love of this sport and the fire within to be the best swimmer YOU can be is inspiring!

As always we are so grateful to our swimmers and to the families for all that you are and all that you do!

Have a wonderful and safe holiday season!