

## 46 years and Counting (Laps) in Scottsdale.....

**Scottsdale Aquatic Club (SAC)**, as a member of USA Swimming, Inc, is a year-round, competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. As a club, SAC is dedicated to giving swimmers the best opportunity for achieving their potential and swimming at the highest level of competition. SAC's goal is to provide each and every member the best environment to improve their swimming skills and achieve success. SAC is a 501(c)3 not-for-profit organization run by a 9 member, parent led elected Board of Directors which meets monthly. Members serve 2or 3 year terms with elections held in the Spring.

SAC swimmers compete in meets that are held locally, within Arizona, Regionally, Nationally, and Internationally. Most SAC practices are conducted at Cactus Pool, located at the Northeast corner of Scottsdale Road and Cactus Road. There are also two groups of SAC swimmers who swim at the McDowell Mountain Ranch Aquatic Center located at Thompson Peak Parkway and McDowell Mountain Ranch Road on specified days. Head Coach, Kevin Zacher, has been with SAC since 2002. While at SAC, he has coached many Scottsdale swimmers to National Top 16 recognition in their respective age groups in addition to numerous Junior and Senior National Qualifiers as well as Olympic Trials qualifiers. He was named the 2007 American Swimming Coaches Association (ASCA) Arizona Age Group Coach of the Year.



Coach  
Kevin  
Zacher

According to a scrapbook containing newspaper clippings, memorabilia, and paperwork collated by an early SAC parent, SAC's history began in 1963 when parent Larry Lyman contacted Ed Anderson, the manager of Scottsdale Municipal Pool to discuss the formation of a competitive swim team in Scottsdale. The notion was that the team would be supported by the municipality and consequently be more affordable to the general public of Scottsdale. Mr. Lyman and Mr. Anderson subsequently met with Mr. Scacewater who was the head of Scottsdale Parks and Recreation at the time. The philosophy was simple: provide a place for young people to enjoy a positive peer group while involved in a productive activity. As a result of their efforts, the Scottsdale Swim Team (SST) was born in the summer of 1964 as a city sponsored Parks & Recreation team. 2010 is the 46<sup>th</sup> year of the City of Scottsdale (COS) sponsorship of SAC.

After a couple of years of competing in the Valley Swim League which was only active during the summer months, SST joined the Amateur Athletic Union (AAU) in 1966 in order to train and compete year-round. The AAU is one of the largest, non-profit, volunteer, sports organizations in the United States. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness



SAC at Olympic Training  
Camp, June 2009.

programs. For the sport of competitive swimming, the AAU transformed into the present governing body of USA Swimming which regulates and oversees the sport of competitive swimming as well as sanctions swimming meets and sets qualifying time standards.

By 1978, SST had become the Scottsdale Aquatic Club (SAC) with a growing membership and active parent booster club. In addition, SAC swimmers were competing not only in Arizona but SAC was also sending swimmers who met qualifying time standards to Junior National and Senior National Championship meets all over the United States. SAC hosted events such as “Lap-a-thons” and Golf Tournaments with proceeds going directly to benefit near-drowning victims and the Coalition for Prevention of Drowning as well as other team fundraising events to enable SAC swimmers and coaches to travel and compete. SAC coaches donate their time and expertise in the summers to the COS Summer Swim Program in coaching swimmers as well as helping in meets. Numerous USA Swimming meets have been hosted by SAC over the years, benefiting the business community and promoting tourism, enhancing Scottsdale’s national image of a swimming destination. When Cactus Park Pool was built in the late 1980’s, SAC incorporated and the City of Scottsdale (COS) continued its sponsorship allowing for further growth and development of SAC. Swim teams have traveled from neighboring states such as New Mexico, California, and Colorado as well from the Pacific Northwest, Texas, Nebraska, Tennessee, Illinois, Mexico, Guatemala and Canada to compete in SAC-hosted meets.

During the years since 1987, given the COS sponsorship of pool time and space, SAC has been able to provide equipment for Cactus Pool such as, but not limited to, weight room equipment (1987), a public address system (1997), the first scoreboard and pool cover rollers (1998), new lane lines several times (e.g. 2005, 2009), the current scoreboard and timing equipment (2008), and the tops of 8 starting blocks (2009). The costs of some of these improvements were shared with the COS while others were shouldered by SAC itself. Contributions have not only been in equipment but also in volunteer time of SAC’s parents when hosting meets at Cactus and coordinating fundraising and benefit events. A more complete list is available if desired.



Cactus Park Pool

SAC currently has approximately 270 swimmers, ranging in age from 5 years to college aged. The team is divided into 10 different swim groups for practice with 24-36 swimmers in each group. Practices are held between 3:15 pm and 7:00 pm, with different groups in the water at different times. There are also practices between 5:15 am and 6:45 am on most weekdays for several groups. Practice groups are aligned not only for age but to insure progression in skills and training abilities. Each age and developmental stage of a swimmer lends itself to a particular type of training and skill instruction. There are Senior Groups for which the minimum age is 13 years old and Age Group Groups for the younger swimmers. The Senior 1 group, which is considered the most



SAC at World Championship Trials, Summer 2009, Indianapolis

competitive and requires the highest level of ability and commitment holds 9 workouts per week ranging from 1 ¼ hours to 3 ½ hours, depending on the day. The youngest and most introductory group, the White group, holds 4 workouts per week of 45 minutes. Swimmers are committed to year-round competitive swimming with short breaks/vacations between Short Course season (September to April) and Long Course season (May to August). 75% of SAC families reside in Scottsdale, a percentage that has remained fairly stable over the years for which SAC has kept records.

Beginning in at least 1983, participation in competitive swimming as a member of SAC has earned swimmers the opportunity for college and university scholarships of varying amounts. Scholarships have been awarded from various tiers of higher education institutions including but not limited to the University of Denver, Boise State, Stanford, West Point Military Academy, University of Iowa, University of Louisville, UCLA, Emory, University of Utah, New Mexico State, Boston University, Notre Dame, Columbia, University of Arizona, Harvard, and Princeton. A more complete list is available if desired.

Today, SAC's mission is 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 and team level possible. SAC's vision for individual swimmers is to enable learning, training, and competition at the highest individual level of achievement. SAC's team vision is to be consistently regarded among the top 30 clubs in the United States while also continuing to improve and expand aquatics programs for the Scottsdale community, enrolling the greatest number of individuals at the entry level possible while maintaining the highest levels of quality and competition. For 2009, in USA Swimming Virtual Club Rankings, SAC was 33<sup>rd</sup> in the nation with Level 4 Club Recognition (4 being the highest) and Silver Medal Club Excellence (Gold being the highest). Currently, SAC is the 28<sup>th</sup> ranked club overall, the 12<sup>th</sup> ranked Silver Medal Club.

The Scottsdale coaching staff endeavors to teach, train, and motivate young people to achieve their ultimate potential in swimming in the belief that this experience will prove valuable to them as they grow and develop into adults while instilling in young swimmers an understanding of and appreciation for such life skills and concepts as high self-esteem, personal accountability, self-discipline, goal setting, time management and goal achievement as these ideas relate to their success in training and in competition. It is SAC's belief that the process of achieving is as significant as realizing the achievement itself. This philosophy is consistent throughout the program, and every swimmer, novice to Olympian, is encouraged to "Be the Best You Can Be" as well as **Together Everyone Achieves More (T.E.A.M.)**.

