



Scottsdale Aquatic Club

Weekly Update – October 21, 2009

www.scottsdaleswim.com

SAC Mission:

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.

Upcoming Events

Date	Name	Location	Sign-up Deadline
Sun 10/25	Fall League Meet #3	Phx Country Day School	October 10
Fri-Sat 10/30-10/31	4A HS State Champs	Mesa	
Fri-Sat 11/6-11/7	5A HS State Champs	Mesa	
Sat-Sun 11/14-11/15	Fall League Champs	Cactus/PCDS	November 2
SAT 11/21	SWIM-A-THON & Carnival	Cactus Pool	
Sun 11/22	Gobble the Bubbles	Goodyear, AZ	November 6
Fri-Sun 12/4-12/6	Holiday Festival	Chandler, AZ	November 20
Thu-Sat 12/10-12/12	JUNIOR NATIONALS	Columbus, OH	November 14
Sat 12/12	SENIOR GROUP Tri-Meet FORD/SDA	Tucson, AZ	November 28

WEBSITE TIP OF THE WEEK: Our goal is to get most of the membership to participate in the online billing system through Team Unify. We have had a great response so far. If you have not yet signed up, please go to the website and do so!!

Practice Changes: The following practice changes are in effect next week.

Saturday, 10/31—ALL GROUPS ON REGULAR SCHEDULE AT MMR POOL.

Parent/Coach Conferences: Your Group Coach will be contacting you shortly (if not already) about setting up a parent/coach conference to allow time for parents to speak to the coaches about their swimmers. This is a great opportunity to talk with your child's coach, learn more about their swimming and ask any questions you may have.

SKIPRO: Please go to the SKIPRO website (click on the SkiPro link on the SAC website) to order your SAC gear before the upcoming cool weather is upon us...go to the SKIPRO SAC PAGE to order Parkas, warm-ups and sweatshirts!!

FLU RULES: We would like to remind the membership of our Flu & Illness Policy. If a swimmer is sick/ill, please withhold them from practice. We do not want illness to spread to other swimmers. The general rule is as follows...if a swimmer has a fever, they need to stay home until at least 24 HOURS after the fever has subsided. Thanks for your help here!

Group Managers: The Group Managers are available to answer questions about SAC and also to inform the membership about additional ways we can help the club (scrip program, volunteer opportunities, etc.). Below is the list of Group Managers for each training group.

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|---------|------------------|--|----------|----------------|--|
| White 1 | Alice Cunningham | alice.cunningham@cox.net | Red | Bonnie Mueller | ILOVEPL@msn.com |
| Blue | Robin Balsbaugh | Rbalsbaugh@cox.net | Bronze | Diane Rusnak | dianerusnak@cox.net |
| Silver | Shauna Rafie | usa.4july1776@gmail.com | Gold | Kerry Rieth | rkrieth@cox.net |
| SR 3 | Cate Szfranski | cateinphoenix@yahoo.com | SR 1 & 2 | Pam Thompson | pamela_L_thompson@msn.com |

UPCOMING MEETS:

Fall League Meet #3: Sunday, October 25, at Phoenix Country Day School. Sign-up online and check there to review your entries.

Phoenix Country Day School—1 block north of Camelback on 40th Street.

B-Meet Warm-up 9:00am A-Meet Warm-up 12:00pm

Fall League Champs: Saturday-Sunday, November 14-15. Online sign-up due by November 2. This is a two day event with the first day (prelims) taking place at Cactus Pool and the second day (finals) being held at Phoenix Country Day School.

High School State Champs: 4A HS State Champs—Oct 30-31; 5A HS State Champs—Nov 6-7. GOOD LUCK SAC SWIMMERS!!!

Day After High School Meet: This meet is open to any SAC High School swimmers wanting an additional opportunity to swim a couple of events the day after the 5A High School State Champs. Anyone interested should sign-up online by Tuesday, November 3.



Earn \$ for SAC by searching the Internet or making purchases online!!

Go to www.goodsearch.com and enter Scottsdale Aquatic Club as the charity you want to support.

GoodShop.com is a new online shopping mall which donates a percentage of each purchase to your favorite cause!

SWIM-A-THON

Swim-A-Thon Goals and Prizes: You should have heard by now... The Swim-A-Thon will be Saturday, November 21st. So mark your calendars to **Swim Like a Pirate and Go for the Gold!** This year's swimmers will be filling the SAC treasure chest.

What are the goals? To raise \$30,000 as a club – or - \$125 per swimmer. This treasure will go toward new lane lines and the purchase of starting blocks on the bulkhead end of the pool. Now, what if you fill the SAC treasure chest with more than \$30,000? The club will sponsor a swim clinic for all of our swimmers! And if the SAC treasure chest runneth over \$35,000 - the coaches will complete a challenge swimming 100 yards for every \$1,000 earned. That could be over 3500 yards - now wouldn't that be a fun night!

And to entice your search there will be treasure for our top four earners. This treasure consists of an **iTouch**, a **PS3 gaming system**, **Suns vs. Lakers tickets**, or **Cardinals tickets**. There are golden swimmer caps for the first 50 swimmers to reach \$125, prizes for the top earner in each group and the top weekly earners. And for every \$50 donated the swimmer will be entered in a drawing of prizes to be awarded during the Swim-A-Thon! So, MATEY'S, there is a lot of loot to be had! The fun starts next week....*Swim Like a Pirate and Go for the Gold!*

Swim-a-thon Volunteers: We are still looking for a few volunteers in the following areas. If this is a good fit for you, please sign-up by going to Upcoming Events/Swim-a-thon/Job Sign-up on the SAC Home page.

Silent Auction—We are introducing a silent auction this year. We are looking for two volunteers to join this committee to solicit donations from local businesses. This will include in person, by phone, and written communications. No experience needed other than a friendly and persistent attitude; we will provide all necessary information. Time Estimate: 10 - 15 volunteer hours.

On-Deck Earnings Board—If you are on deck most days, then this is a perfect job for you! During the Swim-A-Thon campaign we will maintain a "Swimmer Board" on deck that will track our earnings progress. We are looking for volunteers to set it up between 3:00-4:00pm and take it down between 6:00-7:00pm daily. This only takes a few minutes to do and to permit maximum flexibility the jobs will be posted separately for each week. Time Estimate: 1 volunteer hour per week to set-up or take-down.

FROM THE OFFICE:

Team Parkas & Sweatshirts: Cooler weather is coming so be sure to order your parka and sweatshirts from SkiPro - link is on our website.

Fundraising: Next mail order scrip November 4. There will be 2 orders in December—12/2 and 12/9. Take care of your holiday shopping for family, friends, teachers and co-workers.

Parent Participation: Job sign up for November 14 meet is available.

Sign ups for annual jobs and swim-a-thon jobs available under "Events" on website.

We have had many jobs go unfilled at the last 3 meets. Don't forget that you will be charged \$33 for each unearned hour of your commitment at the end of August. You may have to work at an event your swimmer is not involved in to fulfill your commitment.

SWIMMERS CORNER:

FRIDAY NIGHT CLUB NIGHTS— Our First Friday Night Club Night will be this Friday, October 23. See the schedule below and come to the pool at the correct time! We did not have time to secure a place for the team dinner this week, so instead, we will be selling HOT CHOCOLATE after practice for 50 cents. When the swimmers arrive at the pool, the coaches will place them into "TEAMS" and the swimmers will meet at a designated section of the pool!!

Friday Night Club Nights will follow the schedule below and be held on the following dates:

PRACTICE TIME (FNCN only)

Senior 1 & 2—3:30-6:30PM **Senior 3/Gold/Silver/Bronze/Blue/Red/White**—5:00-6:30PM

DATES	October 23	January 22
	November 20	February 26
	December 18	

We are presenting a new monthly event that has been put together by the coaches to help foster TEAM integration and FUN!! Friday Night Club Night will be held once per month and will involve ALL SAC SWIMMERS. We will do some fun things in the pool and then finish workout early so that ALL TEAM MEMBERS can go and grab dinner together. The TEAM DINNERS will be at local restaurants that will "GIVE BACK" a portion of that evening's proceeds to SAC. We will encourage ALL SAC FAMILIES to participate in this event!!

TEAM GOAL: SAC SPIRIT

This week, we focus on Team Spirit! We have a great team here at SAC and we need to be proud of that! Wear your team colors with pride. Wear your SAC shirts to school. Put your SAC cap on for practices. Get a team suit for meets. Most of all, when anyone asks you about SAC and swimming, talk about your team with pride and let people know what a great team we have!!

TOGETHER **E**VERYONE **A**CHIEVES **M**ORE!!

GO SAC!!