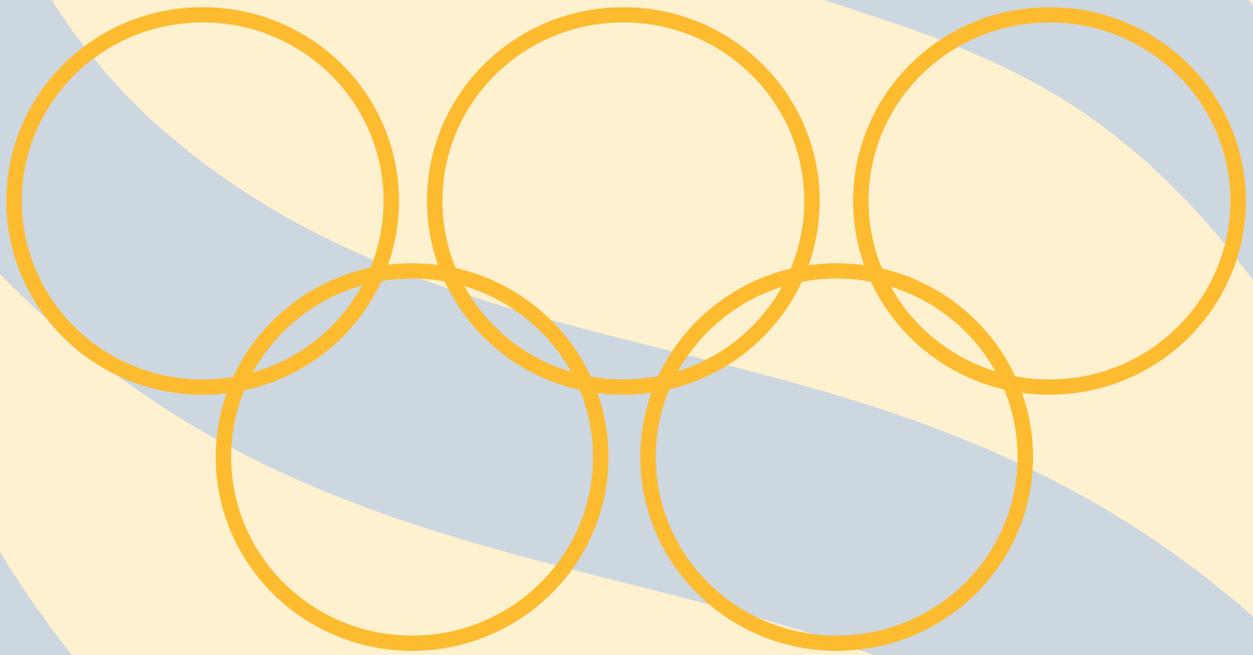


november 2015

psychsheet



Go for the GOLD (& blue)
Scottsdale Aquatic Club
Swim-a-thon 2015

READY POSITIONS

ARENA USA SPONSORSHIP

Scottsdale Aquatic Club is sponsored by Arena USA for all its swim suit/swimwear/swim equipment needs. Their products are of high quality and over the past few years our swimmers have preferred Arena racing suits, showing that they perform well in them. As an Arena USA sponsored team, we ask that all of our members purchase Arena products when possible: training suits, racing suits, team warmups, team bags, training equipment, parkas, etc.

Many of you may wonder 'How does SAC benefit from the Arena USA sponsorship?' Arena USA has shown us tremendous sponsorship by outfitting all our elite level athletes, coaches, officials, and continuing to present additional equipment (i.e. kickboards; towels; goggles; shirts) for raffle prizes, along with high point awards for swimmers during SAC hosted events. When an elite level swimmer qualifies for, and attends, the Senior Sectional Championships, Arena will

provide that swimmer with a racing suit; racing cap; goggles; shirt and backpack. This is approximately \$200 in value. A swimmer who qualifies for, and attends, Junior Nationals or Nationals receive a higher level racing suit; racing cap; goggles; warmups; backpack; shirt; mesh bag and parka, worth approximately \$550 in value. Coaches all receive shirts, jackets, warm ups, backpacks/computer bags and hats. Our officials will also receive Arena shirts during larger SAC hosted events

Our partnership with Arena USA is a strong one and we truly value the support we get from them! If a majority of our membership purchase and uses Arena products, our future benefits for the team and swimmers will increase. We encourage all SAC members to wear Arena suits, warmups and train with Arena gear because we SAC is an Arena Team.

Go SAC!



Coach Kevin



DIRECTOR of OPERATIONS

During July and August we did a national search for a **Director of Operations** to help run our "dry" side of the SAC program. In this position, one is working with the City of Scottsdale to ensure our sponsorship with them for our continued pool use; helping to coordinate SAC's major events/fundraisers (Swimathon, Cactus Classic, Golf Tournament, Parent Social, etc); coordinating team travel to events; helping new families/swimmers get oriented and educated about SAC.

We interviewed several candidates and found the best person for the job in our backyard! I would like to formally announce National Group assistant coach Bob Platt, as our recently named Director of Operations.

Bob held a similar role with the Southwest Valley Family YMCA in Goodyear, overseeing all Senior program for 5 years. He was incredibly instrumental in helping their aquatics department become viable, sustainable and Nationally ranked.

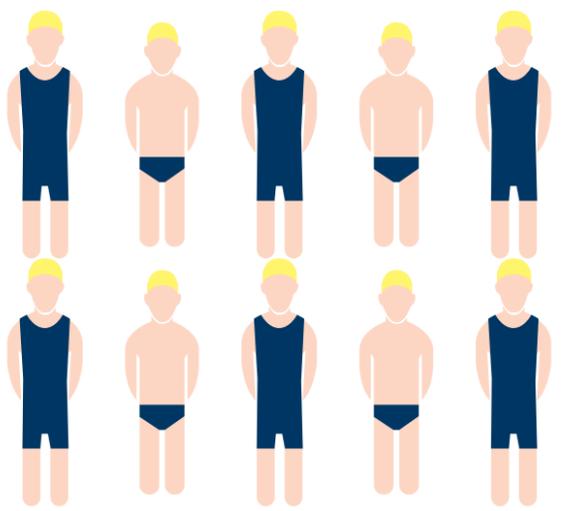
Bob will continue coaching with the National Group, in addition to his new duties as DO. If you see him at the pool, take a minute to introduce yourselves.

SWIMATHON

BY THE NUMBERS

415

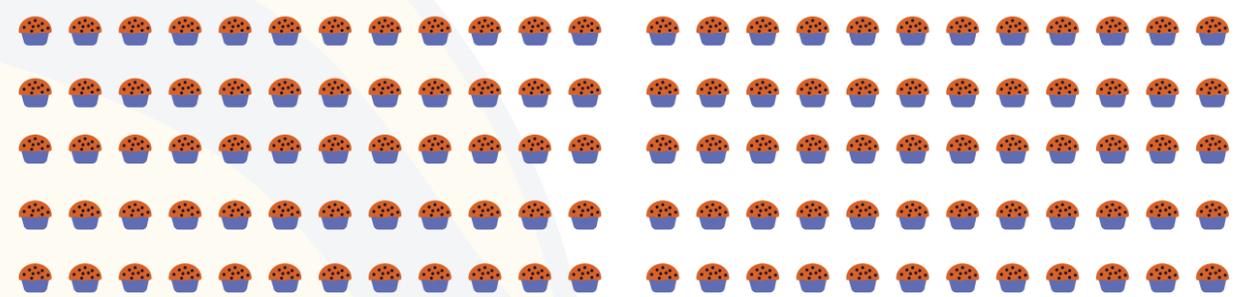
SAC Swimmers participate in the annual Swimathon



83,000!

Laps completed by Scottsdale Aquatic Club
Swimathon Swimmers

What the swimmers devoured:

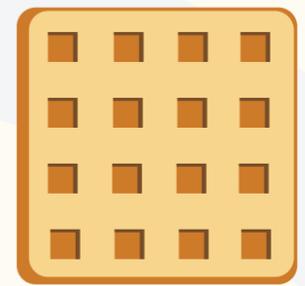


500
mini muffins

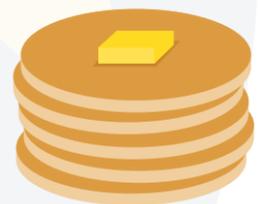
2 hours non stop swimming *or*

200 laps completed is the Swimathon Challenge.

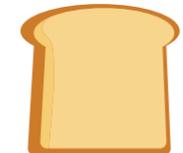
Our Senior Groups complete this challenge in long course, while our Age Groups swim short course.



450
Waffles



300
Pancakes



200
French Toast Slices



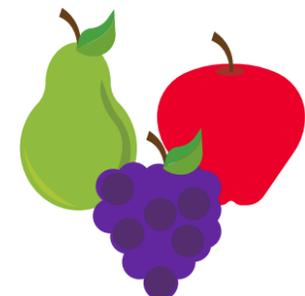
1
gallon
of maple syrup



50 lbs of bacon



30 lbs of sausage



80

lbs of assorted fresh fruit

ON DECK NUTRITION

RECIPES

“Tis’ the Season,” Already?!?

Fall is finally here. The cooler weather is a sign that Halloween is just around the corner, followed by Thanksgiving and the December holidays. It’s a time for much celebration, school parties, festivals and an abundance of candy and sweets.

Our swimmers have been working hard to master their strokes and improve their athletic performance. Excessive intake of empty caloric foods will not benefit our athletes and may cause unwanted weight gain and sluggishness.

How do we, as parents, combat this? Many dentists offer a candy “buy back” program. Consider keeping a small amount of your children’s candy then exchanging the rest for cash. Reward your swimmer with a new cap or goggles. Candy should not be kept in your child’s room. Limit candy intake to 12 small pieces each day such as a piece in their lunchbox and one after a wellbalanced dinner.

For other events and holidays, if you need to bring an item to share, provide a food that is a nutritious option such as low fat popcorn, pretzels and hummus, fruit kabobs or cut vegetables with a nonfat dip. Be mindful of foods your child likes to ensure they have a healthy option to enjoy.

Fall also brings a change in fresh fruit and vegetable varieties. There are so many amazing apples during this time. Apples make great low fat snacks and desserts such as baked apples, homemade applesauce, apple crisp and apple

slices with dip made of low fat yogurt, brown sugar and cinnamon.

Pumpkin and squashes, butternut being the most common, are great for roasting or pureeing for soups and sauces. These vegetables are high in antioxidant vitamins of A, C and E along with the complex B vitamins. They are also high in flavonoid compounds including carotenes.



Sharon Madura, MS, RD, is a SAC Mom, one time Garth Algar impersonator and regular Nutritional Contributor to the PSYCHsheet newsletter.

To request additional information or to suggest future nutritional topics please send an email to Coach Crystal at ccstrimple@gmail.com

Curried Butternut Squash Soup

2 butternut squash, sliced in half lengthwise, seeds removed. (Can use packaged cubed butternut squash for timesaver!)
2 Tbsp olive oil
4 Tbsp butter
3 Granny Smith apples, peeled and diced
2 celery stalks, diced
2 carrots, peeled and diced
1 large yellow onion, diced

12 tsp curry powder, depending on personal taste

32 oz low sodium chicken stock

1 cup fat free half and half or heavy cream

salt and pepper to taste

Preheat oven to 350 degrees F. Line a baking sheet with foil. Rub squash with olive oil. Roast squash until tender and slightly browned, approximately 30 minutes. While squash roasts, melt butter in a large sauté pan. Add apples, celery, carrots, onion and curry powder. Sauté until soft. Scoop squash from skins (or place cubed squash) in a large stockpot. Add sautéed vegetables, apples and chicken stock. Bring to a boil. Reduce heat and simmer 20 minutes. Remove from heat. Using a hand blender, blend until smooth. Continue heating soup on low, add cream and heat through. Do not boil.

Season with salt and pepper.

Chicken and Sweet Potato Stew

6 bone in chicken thighs, skin removed, trimmed of fat
2 pounds sweet potatoes, peeled and cut into spears
1/2 pound white button mushrooms, thinly sliced
6 large shallots, peeled and halved
4 cloves garlic, peeled
1 cup dry white wine
2 teaspoons chopped fresh rosemary, or 1/2 teaspoon dried rosemary, crushed
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 1/2 tablespoons whitewine vinegar

Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6 quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

REMINDERS

COACH Q & A

We've been asked to once again remind the members of SAC about the rules and parking procedures of Cactus Park:

Although Scottsdale Aquatic Club is by far the largest group to utilize Cactus Park, it's important to remember that we are not the only user of the facility. Each member of the SAC community needs to remember to treat the facility with respect and take responsibility for helping to keep it clean and organized. If you borrow equipment, remember to put it but where you found it. With many outside individuals and groups using the facility, be sure to take the time to bring your backpacks and personal belongings out of the locker room with you, to avoid the possibility of theft.

If you utilize the gym during your child's practice, remember there is a fee involved. Gym use is not complimentary.

Finally, the city has asked each family to be mindful not to park in the fire lane while waiting to pick up athletes, regardless of how long you may be waiting. Please park; come upstairs and see what's happening on deck.

National Group: All equipment bags should be hung up in the cage and other training equipment should be put away in an organized manner.

We are new to Scottsdale Aquatic Club and with a club this size, will my child get enough attention from the coaches?

Yes! It is our goal to maintain coach to swimmer ratios consistent with what the best clubs in the country are doing; similar to what you would see in a classroom setting. This is approximately 1:24. We strive to make sure each group has an assistant coach aiding the lead coach to ensure each swimmer is getting attention, feedback and encouragement.

Does SAC ever work on technique?

At Scottsdale Aquatic Club, we emphasize and teach proper technique for all strokes and skills from the moment they join the program. As a coaching staff, we are continually working on, and improving, technique at all levels. Early in the short course season (August-October) technique instruction and correction is heightened. Having the proper stroke mechanics and a strong kick allow swimmers to be efficient in the water, which is vital to swimming fast. We work on technique and kicking every day, every practice.

Why does SAC do game day? I pay for my child to swim, not run around the field.

There are several reasons why we have designated games during the week/season. The first, and most important, is that it's fun! Swimming should be a fun activity for your child and we want the swimmers to enjoy coming to practice. If they have a game day to look forward to, they will work hard during the week to earn that reward. Playing games in the park; the water; or the grass continues to aide in the development of this atmosphere where they work hard and having fun.

Secondly, doing activities such as water polo or running relays, helps the swimmer become more coordinated and aware of how the body moves in different ways (balance, quick movements, etc). It continually develops the core muscles and strengthens the legs, which creates a stronger athlete and a better swimmer!

TRIVIA

UPCOMING DATES

We've decided to see how many of you really know your stuff!

Below are a few trivia questions on our team; our coaches; USA swimming.

Here's how this works:

***The first person to answer all 5 questions correctly will earn 5 hours towards their volunteer hours. Remember that all emails are time/date stamped.**

***Your family can only win one time in the calendar year. Yes, we will keep track.**

***You must answer all 5 questions correctly in one email, not multiple emails.**

***Multiple emails from the same family will not be accepted. One email from the family will count.**

***Email Judy at sac6coach@aol.com The subject line should read: TRIVIA ANSWERS, NOVEMBER.**

1. What year was Scottsdale Aquatic Club founded?
2. Where did SAC Head Coach, Kevin Zacher swim collegiately?
3. What event did SAC Head Age Group Coach, Maryanne Graham-Keever compete in during the 1976 Olympics?
4. What is the date of the 2016 USA Swimming Olympic Team Selection Meet?
5. What is the original name of Scottsdale Aquatic Club?

NOVEMBER

13-14 SAC Distance Meet

21 Swim-a-thon

**25 Practice ends at
6:00pm**

26-27 off for Thanksgiving

DECEMBER

3-6 Holiday Fest

**4-6 Gulf Senior Champs
(at Houston, TX)**

4-6 PSC Holiday Meet

9-13 Junior Nationals