



I am very excited to be your coach representative on deck for the 2017 Cactus Classic Swim Meet. Swimmers, you have shown over and over again that you possess pride, determination and respect for your teammates, coaches and yourselves. That is a recipe for success not only in swimming but in life. Let's take that spirit to Arizona and ROCK THE WORLD!! Our theme for the weekend will be: **Bring home the Cacti!** (Heat winners are awarded a small cactus) Let's see how many we can WIN!! **Remember: When you make finals you are expected to swim finals.**

Meet warm-up: Thursday 6:00-7:00pm. Please attend if your plans allow. This is a great chance to view the venue and get your competitive mindset started.

Below is a list of things you will need to bring with you:

- Dark mirrored goggles (bring two just in case). **Finalists will also need a pair of clear goggles for night competition.**
- Sunscreen
- More water than you think you can drink (bring your water bottle!). Small coolers are nice to have for snacks and drinks.
- HRA suits, race suits, **white caps** and shirts. Let's represent at all times!
- Great attitudes are a must!
- Please feel free to contact me with any questions or concerns. We look forward to fast swimming and great memories! Parents, seating may be limited poolside. Shaded bleachers are for the athletes so you may want to arrive at the pool early to stake out a shady spot on the grass.

Thank you!

Coach Jill

Coaches, Swimmers and Parents:

COACH JILL: 970-819-2395

BAKER: Kate (11-14)

DOUG SWANK: 480-213-3585 & ANN SWANK: 623-256-7191

CLOUATRE: Caroline (11-14)

STEPHANIE: 303-503-7759

CROSTON: Phoebe (15&O)

JEFF 303-589-5264 & ELSA 720-530-4179

FORD: Brooke (11-14)

AMANDA:303-718-7984 & STEVE: 303-718-9698

HAAS: Grace (15&O)

HEATHER: 303-870-6977

HENDREN: Ellie (11-14)

SARA: 303-880-0027

HENRY: Parker (15&O)

MICHAEL: 714-600-0096 & DEBBIE: 714-803-1185

KERSCHER: Will (15&O) & Harrison (11-12)

LISA: 303-916-8153 & DAVID: 303-916-8154

KNIGHT: Grace (10&U)

PAM: 303-817-5272

LARIVIERE: Keeley (15&O)

JOHN: 303-681-1406 & JEANNE: 303-681-1421

MARRIS: Ella (11-12)

GINNIE: 720-683-2292

MARTUS: Amber, April (11-12) & Josie (15&O)

KERRI: 303-828-6882

NICHOLS: Britt (11-14)

HOLLE: 720-470-1600

OSMUN: Annie (11-14)

VALERIE: 303-652-7712

ROBINSON: Skyler (15&O)

TRACY: 951-283-5350

ROGERS: Zea (10&U)

RENEE: 303-346-4269

ROMERO: Chloe (11-12)

KAREN: 303-916-3595

WHITMORE: Kiersten (15&O)

TERI: 513-907-3367

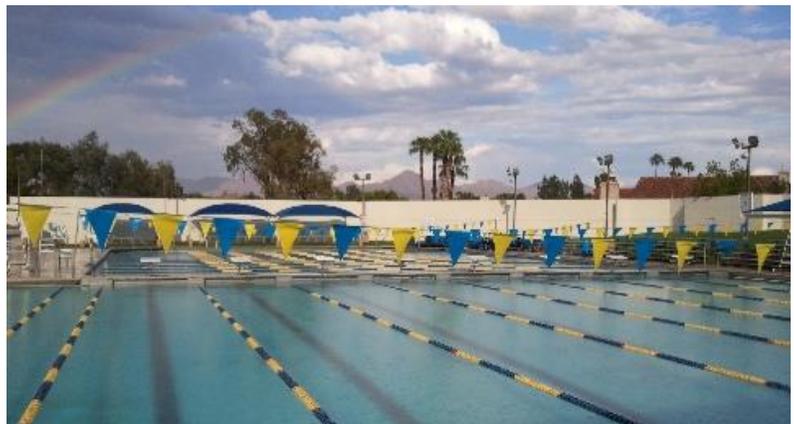
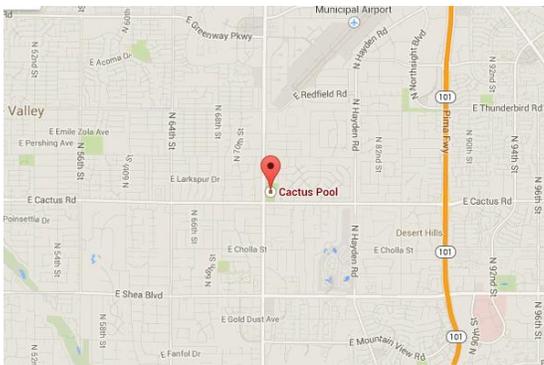
WILSON: Charlotte (10&U)

MEREL: 720-938-7798

Pool:

CACTUS AQUATIC & FITNESS CENTER

7202 E Cactus Rd, Scottsdale, AZ 85260



PARKING

There will be a parking service in charge of all parking around the pool. It is a similar set up to past years with overflow parking in the park fields near the pool. The City of Scottsdale has asked SAC to work with Pride Parking to ensure that all space provided within e facility/park is used properly. This may be different than in the past; however, there will be sufficient parking available. Parking staff will direct anyone who is at Cactus Park for the meet. Additional signs will be posted as well.

Meet Info:

SENIOR EVENTS

The Senior (11-14 and 15&O) events will be combined for preliminaries. The individual events for the 11-14 Age Group and the 15&O Age Group will be separated for finals. The top 16 11-14 finishers and the top 24 15&O finishers from prelims return for finals.

SENIOR 50 SHOOTOUT

The 50 of each stroke will be offered during Session 1. The TOP 16 swimmers (combined 11&O) will qualify for the quarter final heat to be during Session 3; the TOP 8 swimmers will qualify for the semifinal heats to be swum during Session 6; the TOP 4 will qualify for the Shootout Final heats during Session 9. After the TOP 8 Round (semifinals) swimmers must choose only one 50 to compete in for the final round. Swimmers will be scored according to their age group (11-14, 15&O) after the Shootout Final.

DISTANCE EVENTS

SENIOR (11-14 &15&O) 400 FREE/400 IM require positive check-in by 9:00am of the session the event will be swum in order to swim that event. These events are TIMED FINALS with the TOP 8 seeded swimmers swimming during the finals session. These events will be combined and functionally seeded and swum fastest to slowest, alternating heats of women and men. Age groups will be scored separately (11-14, 15&O).

SENIOR (11-14 &15&O) 800/1500 FREE requires positive check-in by 8:00am of Session 10 in order to swim these events. The number of swimmers allowed to compete may be limited by the meet director and/or the meet referee in order to control timeline. These events are TIMED FINALS. These events will be swum fastest to slowest, alternating heats of women and men. Swimmers must provide their own timers and personnel to count laps. These events will be scored separately by age group (11-14, 15&O).

AGE GROUP 400 FREE/400 IM requires positive check-in by the announced start of session they are to be swum. Swimmers must provide their own timers for these events.

AGE GROUP 800 FREE requires positive check-in by 7:30am of Session 8 in order to swim these events. The number of swimmers allowed to compete may be limited by the meet director and/or the meet referee in order to control timeline. These events are TIMED FINALS. Swimmers must provide their own timers and personnel to count laps.

SENIOR SCRATCH RULE

The Senior Scratch Rule as stated in the Arizona Swimming Guide rules and regulations will be enforced for the Senior Events (11-14 and 15&O). Swimmers must indicate their intention to scratch within 30 minutes after preliminary results have been announced. Any swimmer qualifying for a Bonus Consolation (C), Consolation (B) or Championship (A) final race in an individual event who fails to compete shall be barred from further competition for the remainder of the meet.

HRA team policy states that unless you notify the coach in advance of the session if you do not plan to swim finals. No scratches will be allowed without the approval of the coach. Please verify your status for finals with the coach before leaving the pool following each preliminary session. Athletes not qualified for finals are encouraged, though not required, to return for finals to cheer their teammates. Please check with the coach for specific instructions.

Thank you in advance for adhering to this policy and representing our team in a positive way!

Schedule:

Thursday, May 25

6:00-7:00 p.m. — Warm-up at pool

Competition pool is open to visiting teams for warm-up. We highly recommend planning to meet the team for this session. If travel prevents you from attending, please communicate with Coach Jill. Feet first entry only!

Friday, May 26

Session 1: Senior (11-14 and 15&O) Prelim Session

6:30 a.m. — Report to coach on deck

7:00 a.m. — Warm-up at pool

8:00 a.m. — Start of Preliminary/Shootout session

ARENA 50 SHOOTOUT: TOP 16 from Friday preliminaries will swim in Friday finals.

400 IM requires positive check-in by 9:00am. All heats will be combined and functionally seeded and swum fastest to slowest, alternating heats of women and men. Age groups will be separated for awards (11-14, 15&O).

Session 2: Age Group (10&U and 11-12) Timed Finals Session

12:00 p.m. — Report to coach on deck

12:30 p.m. — Warm-up at pool

1:15 p.m. — Start of Timed Finals session

400 IM/400 Free requires positive check-in by the start of the session.

Session 3: Senior (11-14 and 15&O) Finals Session

4:00 p.m. — Report to coach on deck

4:30 p.m. — Warm-up at pool

5:30 p.m. — Start of Finals session

ARENA 50 SHOOTOUT: TOP 8 from Friday finals will advance to Saturday finals.

Saturday, May 27

Session 4: Senior (11-14 and 15&O) Prelim Session

6:30 a.m. — Report to coach on deck

7:00 a.m. — Warm-up at pool

8:00 a.m. — Start of Preliminary/Shootout session

400 Free requires positive check-in by 9:00am. All heats will be combined and functionally seeded and swum fastest to slowest, alternating heats of women and men. Age groups will be separated for awards (11-14, 15&O).

Session 5: Age Group (10&U and 11-12) Timed Finals Session

12:30 p.m. — Report to coach on deck

1:00 p.m. — Warm-up at pool

1:45 p.m. — Start of Timed Finals session

400 Free requires positive check-in by the start of the session.

Session 6: Senior (11-14 and 15&O) Finals Session

4:30 p.m. — Report to coach on deck

5:00 p.m. — Warm-up at pool

6:00 p.m. — Start of Finals session

ARENA 50 SHOOTOUT: Session 6 will begin with the heats of the Shootout followed by a five minute break. TOP 4 from Saturday finals will advance to Sunday finals.

SAC is hosting a complementary swimmer/coach barbeque on deck Saturday evening from 4:30 PM until 9:15 PM.

Sunday, May 28

Session 7: Senior (11-14 and 15&O) Prelim Session

6:30 a.m. — Report to coach on deck

7:00 a.m. — Warm-up at pool

8:00 a.m. — Start of Preliminary/Shootout session

Session 8: Age Group (10&U and 11-12) Timed Finals Session

12:00 p.m. — Report to coach on deck

12:30 p.m. — Warm-up at pool

1:15 p.m. — Start of Timed Finals session

400 Free requires positive check-in by the start of the session.

Session 9: Senior (11-14 and 15&O) Finals Session

4:00 p.m. — Report to coach on deck

4:30 p.m. — Warm-up at pool

5:30 p.m. — Start of Finals session

ARENA 50 SHOOTOUT: Session 9 will begin with the final heats of the Shootout followed by a five minute break. FINAL ROUND—swimmers may only compete in one of the 50 events.

Monday, May 29

Age Group and Senior Timed Finals Session

6:30 a.m. — Report to coach on deck

7:00 a.m. — Warm-up at pool

8:00 a.m. — Start of Timed Finals session

11-12 800 Free requires positive check-in by 7:30am. Swimmers must provide their own timers and personnel to count laps.

11-14 and 15&O 800/1500 Free requires positive check-in by 8:00am. All heats will be combined and functionally seeded and swum fastest to slowest, alternating heats of women and men. Swimmers must provide their own timers and personnel to count laps.

The coaches will arrange for assistance during warm-up for athletes competing on Monday.

Remember being flexible is a must when participating in swim meets. Expect the unexpected!!

High Performance Travel Tips:

We coaches wanted to address some helpful tips to ensure peak performance after travelling to meets. If you don't take proper care of your body during travel, you may compromise performance once you get to the meet. You've done all the hard work up to this point to set yourself up for success. Now is the time to do the easy things to help you reap the benefits of all that hard work. Listed below are some simple ways to take care of yourself the day before competition and to make the most out of your travel.

Hydration

Pack an EMPTY water bottle with you in your carry-on bag. Once you make it through security, find the first water fountain and **fill your water bottle**. While at the airport and on the airplane, make sure to sip from your bottle **every 10-15 min**. The goal is to stay consistently hydrated so that when you get to the meet, your body is ready to go. If you run out of water on the plane, ask the flight attendant for more water. Every chemical reaction that takes place in your body requires water. Without proper hydration, your body moves slower. Make it move fast! Hydrate!

Keep circulation in your legs

We tend to spend too much time sitting while travelling (at the gate, on the airplane, etc). Your legs need blood circulating at all times to keep them ready to perform for your meet. If you don't keep legs moving and blood circulating, blood will pool in your legs and stay there for an extended period of time. This can hinder performance the next day. First of all, don't be afraid to **find a wall at the gate and put your legs up**. Second, make sure you **get up at least TWICE throughout the flight**. If you are staying hydrated, you'll have to get up anyway to use the bathroom, but make sure you get up a few times to stretch your legs and keep the blood moving. If your ankles feel swollen, get up and walk or stretch. When you get to the hotel, make sure you put your legs up on a wall for at least 10-15 min before going to bed.

Don't carry your backpack around more than you have to

When waiting in lines, **put your bag down**. Don't just walk around all day with a heavy backpack on your back. Leave your bag with the group or a parent at the gate if you're going to get food. Take as much weight off your shoulders as you can during travel to save them for peak performance at the meet.

Limit sugar intake

Try to **pack snacks that are high in protein** to keep your metabolism going throughout travel. Too much sugar makes you crash throughout the day, which will make you sluggish once you get the pool. Also, **don't forget to pack snacks**. Food at the airport is expensive and isn't always the healthiest of options. Don't go hours on end without eating. Your glycogen stores need to be at top level for the weekend.

Stretch

Make sure you **take 10-15 min to stretch** after doing a warm-up swim the day of travel. If you finish your warm-up before everyone else, do your stretching at the pool. If not, do it at the hotel when you get back and before bed. Just **make sure your muscles are warm**. Stretching cold/inactive muscles can do more harm than good. Here's a good stretching routine for you to use:

1. Down-dog/up-dog/child's pose – spend 10-15 sec in each position, move to the next and repeat series 4-5 times
2. Hip-flexor/runner's lunge/pigeon – spend 20-30 sec in each stretch, start on one leg and then move to the other
3. Lat/pec stretch – on a wall or in a doorway (one arm at a time) start by putting your hand up high and pressing your chest towards the wall/door jam. Next, with elbow at a 90 degree angle and hand on wall or on door jam, twist yourself away from the wall. Repeat on other arm (20-30 sec in each position)
4. Thoracic twists (use stretch cord, rope or towel) – on one knee, twist in front of your body (10 reps), row (10 reps), kayak (10 reps), repeat on other side [These are the same exercises you do before swim practice with the PVC pipes]

Use these simple, yet important tips to help you get the most of your travel meet. **You deserve to swim fast so help your body prepare to do so**. Most of all, have fun, stay positive, and rely on your teammates. Go show the country how hard you all have been working. Go HRA!

Local Activities:

TPC of Scottsdale

Located 3.9 miles north of the pool off N Hayden Rd

The resort, which opened in 1986, is part of the Tournament Players Club network of golf courses operated by the PGA Tour. The Stadium Course has been home to the tour's annual Phoenix Open since 1987.

Frank Lloyd Wright's Taliesin West

Located 5.8 miles east of the pool off Frank Lloyd Wright Blvd

Frank Lloyd Wright began building this desert masterpiece in 1937 as his personal winter home, studio, and architectural campus. Located on the beautiful Sonoran desert in the foothills of the McDowell Mountains in northeast Scottsdale, the site offers a broad range of guided public tours.

McDowell Sonoran Preserve

McDowell Gateway Trailhead located 6.7 miles northeast of the pool off N Thompson Peak Pkwy

The Sonoran Desert is one of the most diverse environments on earth. With over 100 species of reptiles, 60 mammals, 350 birds, and 2,000 plants making a home in the desert, you never know what you'll run into out here! Six trailheads, over 100 miles of trails to see and explore and unfurls along the eastern edge of the city.

Scottsdale Fashion Square

Located 6.6 miles south of the pool off N Scottsdale Rd

From "haute" summer fashions and strappy sandals to trendy accessories, you'll find all the treasures you seek at retailer powerhouses like Barneys New York, Nordstrom, H&M, Bebe and Jimmy Choo.

Scottsdale Arts District

Located 11.5 miles south of the pool on Main St in Old Town Scottsdale

Both browsers and buyers enjoy strolling through the galleries in the downtown Arts District. Don't miss the free Scottsdale ArtWalk held every Thursday evening from 7 p.m. to 9 p.m.

Arizona State University

Located 15.8 miles south of the pool in downtown Tempe

ASU ranks as the top university in Arizona for innovation, affordability, quality of students and degree programs with 300+ programs out of four campuses.

Grand Canyon University

Located 16.6 miles southwest of the pool off I-17 in Phoenix

GCU is a private, for-profit Christian university located in Phoenix. With 7 distinct colleges, GCU offers over 100 majors and concentrations for bachelor's, masters' and doctoral degree programs.