



SAQ Swim Team Schedule

- Beginning June 1 Masters will swim M-Th from 6:00-7:00 am. Kids Swim Team will practice M-Th from 7:00-9:00 am.
- Coach [Mark Sulger](#) will inform swimmers about meet times and locations.

Reminder: 2009 Swim Camp

Besides swim team this summer, SAQ will be holding its first inaugural **Swim Camp**, 8:00 am to 2:00 pm daily for 4 days only beginning June 1st until June 4th. Please contact [Coach Mark Sulger](#) for more information.

Upcoming Masters Events

2000M Postal

If you are a distance swimmer or triathlete there is a perfect event for you! The Bonded Logic 2000M Half Iron Swim is a postal event you can do at any long course meters pool this summer. It will give you an opportunity to swim an event that is a half Ironman(tm) distance in controlled conditions. This will enable you to gauge how effective your training is for upcoming events. You can enter online at www.2kpostal.com anytime between now and September 30. So sign-up for this event and compete virtually with others across the country.

Brute Squad Meet

Let's say you enjoy swimming traditional pool competitions. The Brute Squad Meet is one you need to do in preparation for Long Course State and/or US Masters Swimming Nationals. This event is at the Oro Valley Pool just outside of Tucson on June 21. Go to <http://www.azlmsc.org/events.htm> and click on the event for the entry form.

SPMA Open Water Swims

Open water swimmers should consider some events in Southern California this summer. You can find their events at http://www.spma.net/open_water.php and click on each one for more details. This is a great chance to do some ocean swimming and get out of the Arizona summer heat, if only for a weekend. You can also use these events as preparation for this fall's series of open water swims.



Upcoming Local Events

- July 5, Tucson: [Firecracker Triathlon](#)
- July 12, Ft. Huachuca: [Steelhead Triathlon](#)
- October 25, Tucson: [Tinfoilman Triathlon](#)
- November 21, Tucson: [El Tour de Tucson](#) (cycling)
- December 13, Tucson: [Tucson Marathon](#) (full marathon)

Welcome New Arizona Masters Swim Teams!

Mesa Masters

Mesa has a new masters program that trains at the newly-renovated Kino Aquatics Center. Mesa Masters is coached by Rob Ronan (<mailto:robronan@yahoo.com>) and offers three workouts a day

Saguaro Aquatics

Tucson has a new team as well, Saguaro Aquatics. They are adding a masters program to complement their current offerings for children. Marydale Moore can be reached at <mailto:m2@azwetsplash.com> for more information.

Peaks Fitness

Fountain Hills has a new team too. Peaks Fitness Club is just a few blocks from the famous fountain in beautiful Fountain Hills and has a great facility. Contact Rachel Iacomacci at <mailto:rachel@peaksathleticclub.com> to learn more.

Open Water Series is coming soon for USMS swimmers! There will be five races throughout metropolitan Phoenix. 2000M & 4000M will be sanctioned by USMS. Go to www.azlmsc.org and click on "Events" for more information.





A Letter from Doug Adamavich, Chairman of AZ Masters Swimming

The other night I did an interview with Fitness Plus magazine regarding masters swimming. During the course of the conversation a couple of things stuck in my mind that I wanted to share with you about who joins masters swimming and what we are all about.

There remains a persistent notion that masters swimming is all about competition in meets. The fact is less than 30% of our 863 compete in meets during a given year. **Most swimmers are motivated by fitness and social objectives rather than swimming fast times.** This is the market the constitutes the majority of both our current and future members. We all need to be mindful of this as we grow our membership.

But why join? Being a part of US Masters Swimming shows support for the values of fitness, camaraderie, fun, and healthy lifestyles that make our sport compelling. Not only that, but swimming costs less than many other fitness activities and is available to people of all ages, backgrounds, and abilities. These values matter more than just being able to compete at meets or get discounts with various merchants.

Think of it another way, why do you go to a particular church, belong to a political party, join a professional society, or volunteer with a local charity? **It's the values that you share with these organizations that compel you to join and take an active role in their efforts.** Masters swimming is no different in that our sport represents values that we support through out membership.

My personal commitment is to help all clubs and workout groups throughout the state grow their membership. I am here to help your group in any way that I can or find resources on the National level that can assist you. Together we can continue growing and add more value for our members.

Remember, being a part of US Masters Swimming is not about competition, it is about supporting a healthy lifestyle through adult aquatics.

Doug Adamavich
Chairman
AZ LMSC

Swim - Sun - Fun!

www.azlmsc.org



SAQ Information

Coach Mark Sulger

Phone: 650-450-1650

Email: sahuarita_aquatics@yahoo.com

Web site: *The SAQ website is currently being re-constructed. We will let you know when it is up and running!*

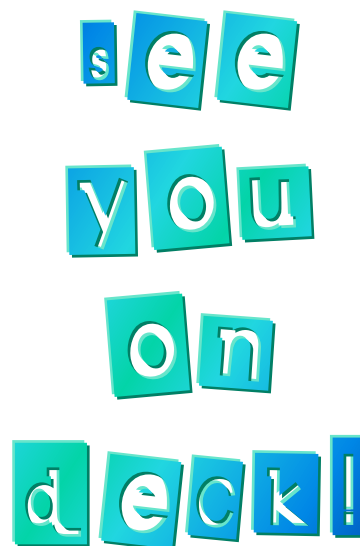
Club Rancho Sahuarita

15455 S. Camino Lago Azul

520-207-7730

Newsletter

Please send items to Jenny Weimer at jweimer@charter.net



Have something you would like to include in the SAQ newsletter?

We would like your input! Please e-mail any information you would like to add to the newsletter to Jenny Weimer at jweimer@charter.net