



## Swim Camp

The swim camp was a huge hit the first week of June. We had over 25 participants honing their competitive skills and learning all about the benefits of nutrition, mental preparation and physical training. Thanks to Coach Robin Blair and Pam Sulger for their efforts in orchestrating a fine activity for the kids! Special thanks to Eddie Medina for his expertise engaging the kids in daily dry land activities for the swimmers!

## Upcoming Local Events

- July 4, Tucson  
[Independence Day Virtual Run](#)
- 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)

## EDAC USA Swim Meet

June 13 SAQ sent 5 swimmers up to the Oro Municipal pool for participation in a USA Age Group-sponsored meet: **Savannah and Cheyenne Hubbard, EJ Vandriel, Samantha and Jessica Cozine**. Everyone achieved their personal best times in each of the events they entered. Outstanding swims were had by EJ Vandriel, who surprised us all by taking 2<sup>nd</sup> place in the 9-10 boys' 50 free with a time of 40:20. He bettered his time by over 6 seconds! He also took 3<sup>rd</sup> place with a time of 53:65 in the 50 back. He dropped his time nearly 12 seconds! Jessica Cozine, participating in her first USA meet, took 7<sup>th</sup> in the highly competitive girls' 13-14 50-meter back with a time of 50:32. She also had her best time by over 7 seconds! Congratulations to all of you!

## July

July means vacations for a lot of us. SAQ will continue to swim in July in the morning 7-9 am, M-Th. This practice time will continue in the morning until school begins in August. At that time, we will switch our practices back to the afternoon schedule 4-5

### Arizona Masters

For news and information on Arizona Master's swimming, visit <http://www.azlmsc.org/>

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](mailto:jweimer@charter.net)

### SAQ Information

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#### Newsletter

Please send items to Jenny Weimer at [jweimer@charter.net](mailto:jweimer@charter.net)

