



SAQ Swim Schedule

SAQ Swim Team

- **Kids** swim M-Th from 3:00-5:00 pm through Memorial Day.
- **Masters** swim M & W from 5:00-6:00 pm through Memorial Day. Masters may also swim MWF at 5:00 am.
- **After Memorial Day** (5/25/09), 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.

Swim Camp Information

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. Space is limited.

Sign ups for the **Swim Camp** and **Swim Team** will be at the Rancho Sahuarita clubhouse on May 1st from 3:00-5:00 pm. Please contact [Coach Sulger](#) for more information.

2009 Open-Water Swim Clinics

Take a look at these great opportunities for triathletes...and anyone interested in learning how to swim in open water:

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Coach Tom Manzi, of Joe Friel's Training Bible company, will be presenting an **open water swim clinic on at Patagonia Lake from 8:00-10 am on May 9.**

Following the clinic is an "Honest Abe" (time yourself) splash and dash, consisting of a 300 meter open-water swim and a 1.5-2 mile run. Clif Bar products will be awarded

to overall and age-group winners.

Cost is \$28 (\$25 for Tucson TriGirl members), plus \$7 per car to enter Patagonia Lake Park.

Visit raceforum.com/tb for more information and to register.

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.



Upcoming Local Events

- May 25, Sahuarita: [Sahuarita Lake Triathlon](#)
- 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)



**U.S. MASTERS
SWIMMING**



“Postal” Swims and Fitness Events

If you want to challenge yourself but don't want to travel to a meet, postal swims may be for you. There are a wide range of events you can select from throughout the year. The idea is to swim the event and enter your times and other information via mail to the event organizer (hence the name "postal"). Some events like the Phoenix 500 Postal allow swimmers to enter their information online, saving the cost of a

stamp! Go to the Events section and look under Postals for the list of swims for next year. Talk to SAO Coach [Mark Sulger](#) about scheduling one for a workout sometime...

There are several fitness events that will be offered as well. USMS is offering the Go The Distance and Checkoff Challenge for 2009, both are listed on www.azlmsc.org in the Events section under "Other."

These are wonderful events to track your progress throughout the year and give yourself a goal to strive towards. Arizona Masters Swimming is also looking at creating a 315 mile virtual swim down the Colorado River from Glen Canyon Dam to Hoover Dam. Stay tuned for more details on that event!
(Information excerpted from AZMS newsletter)



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



see
you
on
deck!

SAQ Information

Coach Mark Sulger

Phone: 650-450-1650

Email: sahuarita_aquatics@yahoo.com

Web site:

<http://www.teamunify.com/TabGeneric.jsp?tabid=10950&team=azsa>

Club Rancho Sahuarita

15455 S. Camino Lago Azul

520-207-7730

Newsletter

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