



SAQ NEWSLETTER

January 2010

HAPPY NEW YEAR 2010!

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

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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

SAQ-2010 Winter News

We have sustained a solid, year round group of swimmers that have made it through December and into January. Although the weather is getting cooler, the pool has remained a comfortable 82-84 degrees for the swimmers due to the Rancho Sahuarita Pool maintenance crew. Thanks guys!

Roughly 1/3 of our swimmers have either qualified for/or are very close to making their cut off times for the upcoming Age Group Regional in Oro Valley in February.

We have four meets available in January and two in February for the SAQ swimmers to make their times to qualify for the meet. Best of luck to all our swimmers!

In addition to our swim workouts, we have added dry land exercises two days per week on Monday and Wednesdays with coach Robin to increase our athletes strength and stamina. It is already making a difference.

We will begin our spring/summer training after the Age group meet in February.

See you on deck!

The SAQ Coaching Staff

