



ANNOUNCEMENTS

- There will be an open swim only (no coach) at ASU on Saturday, August 16
- There will be **no swim practice** on Saturday, August 23; the SRC is closed for employee training
- There is no practice on Labor Day
- August is Butterfly Month
- Thanks to Ron Houston for printing and mailing these newsletters!

AUGUST

(coaching schedule subject to last minute changes)

S	M	T	W	T	F	S
					1 First Friday @ Science Center	2 4:30 ASU Coach: Trevor
3	4 6:30 ASU Coach: Gary	5 6:30 Y Coach: Christopher	6	7 6:30 Y Coach: Michael	8	9 4:30 ASU Coach: Kim
10	11 6:30 ASU Coach: Marty	12 6:30 Y Coach: Kim	13	14 6:30 Y Coach: Gary	15	16 Mingus Mtn Getaway Open swim 4:30 - ASU
17	18 6:30 ASU Coach: Trevor	19 6:30 Y Coach: Christopher	20	21 6:30 Y Coach: Kim	22	23 ASU Closed No Practice
24	25 6:30 ASU Coach: Marty	26 6:30 Y Coach: Trevor	27	28 6:30 Y Coach: Gary	29	30 4:30 ASU Coach: Michael
31	1 September Labor Day No Practice	2 6:30 Y Coach: Kim	3	4 6:30 Y	5	6 4:30 ASU

FUTURE EVENTS

- October 4-5, Rainbows Festival Phoenix . . . (Dunk Tank?)

ACTIVITIES:

- August 16-17, Weekend outing to Brian and Jim's cabin on Mingus Mountain

3RD PLACE AT LONG COURSE ARIZONA CHAMPIONSHIPS

Sixteen Sunfish came out in force to launch us to a third place finish in the state championships, our highest place finish yet! Congratulations to everyone for competing. For those of you who chose not to swim, check out the times and finish places of your team mates below. You may be surprised at how far along your training has taken you!

2008 Masters LC State Championship - 7/11/2008 to 7/13/2008 Results**Ev 1 Men 50-54 800 M Freestyle**

2	Phil Dillenburg	14:40.74
3	Brian Douglas	17:16.43

Ev 2 Men 50-54 1500 M Freestyle

1	William Shaw	27:43.71
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Ev 2 Men 60-64 1500 M Freestyle

1	Rick Shaffer	31:02.26
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Ev 3 Men 25-29 200 M IM

1	Jacob Palmer	2:32.84
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Ev 3 Men 50-54 200 M IM

4	Brian Douglas	3:52.02
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Ev 4 Men 50-54 400 M Freestyle

7	William Shaw	6:52.75
8	John Marshall	10:31.65

Ev 4 Men 60-64 400 M Freestyle

1	Rick Shaffer	8:22.55
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Ev 6 Men 25-29 100 M Breaststroke

2	John Bevell	1:28.91
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Ev 6 Men 30-34 100 M Breaststroke

4	Raul Herreras	1:23.76
5	Ronald Conner	1:34.79

Ev 6 Men 50-54 100 M Breaststroke

4	Brian Douglas	1:40.59
5	Raul Roman-Riefkohl	2:10.17
6	John Marshall	2:28.26

Ev 6 Men 55-59 100 M Breaststroke

2	Rick Shaffer	2:29.83
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Ev 7 Men 25-29 50 M Butterfly

2	Jacob Palmer	28.43
3	John Bevell	34.90

Ev 7 Men 35-39 50 M Butterfly

2	Eddie Mylan	41.44
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Ev 8 Men 40-44 200 M Backstroke

3	Christopher Bale	2:55.73
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Ev 8 Men 50-54 200 M Backstroke

2	Rick Shaffer	5:15.48
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Ev 9 Men 25-29 100 M Freestyle

2	John Bevell	1:07.38
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Ev 9 Men 30-34 100 M Freestyle

3	Raul Herreras	1:06.66
4	Ronald Conner	1:15.07

Ev 9 Men 35-39 100 M Freestyle

2	Eddie Mylan	1:21.11
5	Robert Pilling	1:29.93

Ev 9 Men 50-54 100 M Freestyle

8	Raul Roman-Riefkohl	1:43.02
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Ev 10 Men 25-29 50 M Breaststroke

22	Jacob Palmer	33.10
3	John Bevell	39.83

Ev 10 Men 30-34 50 M Breaststroke

3	Raul Herreras	37.03
4	Ronald Conner	42.58
5	Daniel Griffin	44.85

Ev 10 Men 35-39 50 M Breaststroke

3	Eddie Mylan	50.20
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Ev 10 Men 50-54 50 M Breaststroke

5	Brian Douglas	44.34
6	Raul Roman-Riefkohl	58.63
7	John Marshall	59.39

Ev 10 Men 60-64 50 M Breaststroke

3	Rick Shaffer	1:10.86
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Ev 14 Men 50-54 200 M Freestyle

4	Gary Berebitsky	2:45.77
6	William Shaw	3:07.23
7	Phil Dillenburg	3:13.49
8	Brian Douglas	3:36.17

Ev 15 Men 25-29 50 M Backstroke

1	Jacob Palmer	31.89
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Ev 15 Men 35-39 50 M Backstroke

1	Eddie Mylan	45.33
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Ev 15 Men 40-44 50 M Backstroke

5	Christopher Bale	36.67
6	Robert Pilling	49.23

Ev 15 Men 50-54 50 M Backstroke

6	Raul Roman-Riefkohl	1:04.16
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Ev 17 Men 120-159 200 M Free Relay

2	Phoenix Sunfish	2:24.33
	1) Palmer, Jacob A M28	
	2) Herreras, Raul M31	
	3) Roman-Riefkohl, Raul A	
	4) Griffin, Daniel W M34	

Ev 17 Men 160-199 200 M Free Relay

3	Phoenix Sunfish	2:23.49
	1) Bale, Christopher M40	
	2) Dillenburg, Phil M51	
	3) Shaw, William E M52	
	4) Pilling, Robert E M43	
4	Phoenix Sunfish	2:34.71
	1) Bevell, John W M26	
	2) Mylan, Eddie R M37	
	3) Douglas, Brian J M50	
	4) Marshall, John H M50	

Ev 18 Men 25-29 100 M Butterfly

2	Jacob Palmer	1:07.10
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Ev 18 Men 50-54 100 M Butterfly

4	Phil Dillenburg	1:52.18
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Ev 19 Men 30-34 200 M Breaststroke

1	Raul Herreras	3:03.56
2	Daniel Griffin	3:32.08

Ev 19 Men 50-54 200 M Breaststroke

2	Raul Roman-Riefkohl	4:51.42
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Ev 20 Men 40-44 100 M Backstroke

3	Christopher Bale	1:22.45
4	Robert Pilling	2:01.03

Ev 21 Men 25-29 M Freestyle

2	John Bevell	30.37
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Ev 21 Men 35-39 50 M Freestyle

2	Eddie Mylan	36.15
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Ev 21 Men 40-44 50 M Freestyle

5	Robert Pilling	41.68
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Ev 21 Men 50-54 50 M Freestyle

6	Phil Dillenburg	34.18
8	Gary Berebitsky	34.26
10	Brian Douglas	37.84
11	Raul Roman-Riefkohl	44.00
12	John Marshall	52.70

Ev 23 Men 120-159 200 M Medley Relay

1	Phoenix Sunfish	2:15.49
	1) Bale, Christopher M40	
	2) Herreras, Raul M31	
	3) Palmer, Jacob A M28	
	4) Bevell, John W M26	

Ev 23 Men 160-199 200 M Medley Relay

1	Phoenix Sunfish	2:54.56
	1) Pilling, Robert E M43	
	2) Griffin, Daniel W M34	
	3) Mylan, Eddie R M37	
	4) Shaw, William E M52	

Ev 23 Men 200-239 200 M Medley Relay

1	Phoenix Sunfish	3:05.10
	1) Roman-Riefkohl, Raul A	
	2) Douglas, Brian J M50	
	3) Dillenburg, Phil M51	
	4) Marshall, John H M50	



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Are there services or business that you use and would recommend to others? Ask those businesses to buy an Ad here, or to donate to the team outright. There are plenty of things we could do or purchase if we had funds beyond what cover our pool costs: Travel expenses. Swim suits, Training equipment, Guest speakers, Celebrity Coaches, and stroke clinics round out the short list.

PHOENIX SUNFISH

Co-Captains: Eddie Mylan
Kim Pinch
Eric Dykeman

Treasurer: Brian Douglas

Secretary: Gregg Smith



STRETCHING SIDEBAR

Time for legs. Calf muscles are on the backside of your lower leg. Hamstrings are on the backside of your upper leg (thigh). Quadriceps are on the front side of your upper leg (thigh)

Hamstrings Standing up, take a step forward with your right leg, about 15" or 20" in front of the left. Rock your weight onto the left leg, and slowly squat down on your LEFT leg, lifting toes of your right foot. Place both hands just above your LEFT knee to brace and balance your weight. Keep your back as vertical as possible; Feel the stretch in your upper right hamstring. Repeat with opposite leg.

Calves From a standing position, lift your right foot toes and place them against a wall. Gently lean towards the wall, feeling the stretch in your lower calf. Vary the stretch by relocating your body to either side, keeping your foot in the same location.

Quadriceps Standing near a wall (or suitable brace) Raise one leg behind you, bending the knee and lifting the heel towards the buttocks. Grab your ankle with the corresponding hand, and squeeze it towards your buttocks. Keep the torso vertical or even lean back.

PHOENIX SUNFISH
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