





- Check the practice schedule closely this month; there are many "no practice" nights due to ASU or the Y closing early.
- We're still finalizing the pools for the first few months of next year. Stay tuned.
- Holiday Party at Brian & Jim's, Friday, December 19<sup>th</sup>. Bring a white elephant gift for a fun exchange!
- The team celebrates 5 years on December 8<sup>th</sup>. We've come a long way since the La Fitness on Tatum!
- December is Breastroke Month

**DECEMBER**

*(coaching schedule subject to last minute changes)*

S	M	T	W	T	F	S
	1 No Practice	2 6:30 Y Coach: Gary	3	4 6:30 Y Coach: Kim	5	6 4:30 ASU Coach: Michael <b>Long Beach SPMA Meet</b>
7	8 No Practice <b>Sunfish 5 year Anniversary!</b>	9 6:30 Y Coach: Trevor	10	11 6:30 Y Coach: Christopher	12	13 4:30 - ASU Coach: Trevor
14	15 No Practice	16 6:30 Y Coach: Marty	17	18 6:30 Y Coach: Kim	19 <b>Christmas, Hanukah, Kwanza, Solstice Party at Brain &amp; Jim's</b>	20 No Practice
21	22 No Practice	23 6:30 Y Coach: Michael	24	25 No Practice	26	27 No Practice
28	29 No Practice	30 6:30 Y Coach: Marty	31	1 No Practice	2	3 No Practice

**FUTURE EVENTS**

- January 25 - Polar Bear Meet, U of A, Tucson
- February 13-15 - Ski & Swim Weekend, Salt Lake City, UT 
- July 25 - August 2 - IGLA Championships, Copenhagen, Denmark 

RON JOHNSON INVITATIONAL

November 14 - 16, Tempe AZ



Name	Time	Place
<b>800 Meter Freestyle</b>		
Jacob Palmer	10:49.11	2
Bill Shaw	13:24.71	5
<b>200 Meter Freestyle</b>		
Bill Shaw	3:02.55	4
<b>100 Meter Breaststroke</b>		
Jacob Palmer	1:12.06	1
<b>50 Meter Backstroke</b>		
Eddie Mylan	45.58	4
Paul Hopkins	38.01	3
<b>100 Meter Butterfly</b>		
Jacob Palmer	1:04.05	2
<b>100 Meter IM</b>		
Jacob Palmer	5:38.72	1

Name	Time	Place
<b>50 Meter Freestyle</b>		
Eddie Mylan	34.32	6
Paul Hopkins	28.11	5
<b>400 Meter Freestyle</b>		
Bill Shaw	6:28.82	3
<b>100 Meter IM</b>		
Jacob Palmer	1:03.80	2
Eddie Mylan	1:33.90	4
Paul Hopkins	1:18.91	6
<b>100 Meter Freestyle</b>		
Paul Hopkins	1:06.43	5
<b>200 Meter IM</b>		
Jacob Palmer	2:29.43	1
<b>50 Meter Butterfly</b>		
Jacob Palmer	28.55	2

**PHOENIX SUNFISH**

Co-Captains:	Eddie Mylan Kim Pinch Eric Dykeman
Treasurer:	Brian Douglas
Secretary:	Gregg Smith

**NEW LEADERSHIP**

Congratulations to Paul, Ronnie, Brian, and Jacob as your 2009 team leaders.

Thank you to Eddie and Kim for their service these past 2 years! Brian has signed on for another year of fun.

**There's still room for you to help:**

- Meet coordinator (help motivate swimmers for meets to attend)
- Fundraising coordinator
- Social coordinator(s)
- Media coordinator
- Newsletter writer(s)
- New member greeters
- Recruiting

Many of these "extra" roles require as much or as little effort as you choose to put into them. Off-loading some of these responsibilities will help your team leadership focus on more challenging issues.



**STRETCHING SIDEBAR**

**Tricep - obliques.** Standing about a foot or two from a wall facing sideways, raise your arm high over your head and place your palm on the wall. Take the same leg and cross it in front of you while leaning sideways into the wall. Try to press your hip against the wall. Feel the stretch along your tricep and down your torso.

**Triceps** - Bend your arm up and behind your head, placing your palm on the backside of the opposite shoulder. Use your opposite arm to pull your elbow even further. Bend sideways at the waist to exaggerate the stretch.

PHOENIX SUNFISH  
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