



- We return to the South Mountain YMCA for Thursday Practices this month
- Kim is organizing us to walk in the Pride parade this year - See Kim for details!

- April is Backstroke Month
- Sunfish took 5th place at the AZ State Championships March 27-29. Results were not available at publication time.
- Volunteer at Pride this year and earn \$\$ for the Sunfish. More details below or See John Marshall. Last day for sign-up is April 3.

APRIL

(coaching schedule subject to last minute changes)

S	M	T	W	T	F	S
			1	2 6:30 S. Mtn Y Coach: Christopher	3	4 4:30 ASU Coach: Kim
5	6 6:30 ASU Coach: Marty	7 6:30 Chris Town Coach: Michael	8	9 6:30 S. Mtn Y Coach: Trevor	10	11 4:30 - ASU Coach: Christopher
12	13 6:30 ASU Coach: Michael	14 6:30 Chris Town Coach: Gary	15	16 6:30 S. Mtn Y Coach: Kim	17	18 4:30 ASU Coach: Marty Pride Parade
19 Pride Festival	20 6:30 ASU Coach: Marty	21 6:30 Chris Town Coach: Christopher	22	23 6:30 S. Mtn Y Coach: Gary	24 All Out Swim, Toronto	25 4:30 ASU Coach: Trevor All Out Swim, Toronto
26 All Out Swim, Toronto	27 6:30 ASU Coach: Kim	28 6:30 Chris Town Coach: Gary	29	30 6:30 S. Mtn Y Coach: Trevor	1 May	2 May 4:30 ASU

FUTURE EVENTS

- May 2 - USMS Open Water Swim - Saguaro Lake
- May 9 - David's Cocktail Party Fundraiser
- May 10 - David's BBQ Fundraiser
- May - (another) shot night at BS West.
- May 22 - 25 Swimming World Magazine Cactus Classic, ASU Mona Plummer Pool
- June 6 - USMS Open Water Swim - Lake Pleasant
- July 25 - August 2 - IGLA Championships, Copenhagen, Denmark 

SUN DEVIL INVITATIONAL

Mona Plummer Aquatic Center, March 15, 2009

50 Freestyle

Paul Hopkins	2	24.81
Eddie Mylan	5	34.37

500 Freestyle

Bill Shaw	2	7:29.38
Rick Shaffer	2	9:19.30

1650 Freestyle

Bill Shaw	1	25:42.83
Rick Shaffer	2	31:55.95

50 Backstroke

Eddie Mylan	2	41.10
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100 Backstroke

Rick Shaffer	1	2:26.69
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50 Butterfly

Eddie Mylan	2	37.49
Jacob Palmer	2	26.52

100 Butterfly

Jacob Palmer	1	58.12
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50 Breaststroke

Jacob Palmer	1	29.27
Paul Hopkins	2	35.51

100 Breaststroke

Jacob Palmer	1	1:06.16
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100 IM

Paul Hopkins	3	1:09.54
Eddie Mylan	3	1:28.40
Jacob Palmer	3	58.53

200 IM

Eddie Mylan	2	3:15.80
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FUNDRAISING

Bars

Thanks to all those who came out to **BS West** last month for shot night. We raised over \$400! We're hoping to do it again in May... stay tuned!

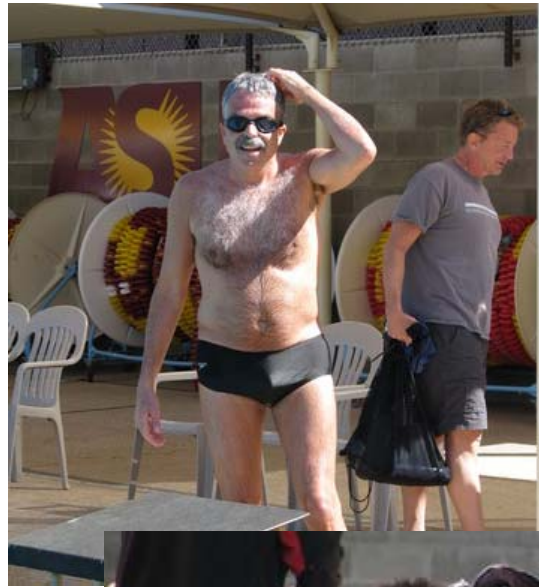
Also, watch for more possible sponsorship and fundraising happening at **Kobalt**. Ronnie and Jacob have been talking with them about helping us out.

Parties

Swimming groupie David, along with Jacob, have offered to host a Saturday Cocktail party and Sunday BBQ in May to raise money for the team. Details will be forthcoming.

Pride Weekend

When you volunteer for a four hour shift at pride, you can request the proceeds from your effort to be donated to the Sunfish. Just a handful of volunteers at the pride festival can make a big impact! Sign-up at <http://www.phoenixpride.org/home.cfm> under the "volunteers" tab, or contact John Marshall for more details.



(((Overheard)))

"Gee Marty, you're just skin & bones, and love handles!" - *Chris Bale*

PHOENIX SUNFISH
4328 NORTH 15TH DRIVE
PHOENIX, ARIZONA 85015

PHOENIX SUNFISH

Co-Captains:	Paul Hopkins Ronnie Connor
Treasurer:	Brian Douglas
Secretary:	Jacob Palmer