



- Planning Party at Dan's Friday May 1 7:30 pm. Bring ideas, enthusiasm, and a dish to share!
- Jacob and David are hosting a fundraising cocktail party on Saturday May 9, 8pm, Bring your friends, and bring you friends' checkbooks!


- We're doing a Shot Night at BS West on Wednesday May 27, 9:30 pm - midnight. Come help out!
- Sunfish took 5th place at the AZ State Championships March 27-29. In the men's-only tabulation, Sunfish took 4th place.
- May is Butterfly Month
- We'll be taking a break from the "stroke of the month" for the summer months - stay tuned for more details.

MAY

(coaching schedule subject to last minute changes)

S	M	T	W	T	F	S
					1 Party at Dan's 7:30pm	2 Open Water Saguaro Lake 3:30 ASU Coach: Michael
3	4 6:30 ASU Coach: Kim	5 6:30 Y Coach: Eddie	6	7 6:30 Y Coach: Christopher	8	9 Fundraiser @ Jacob's 4:30 ASU Coach: Gary
10 Call Your Mother	11 6:30 ASU Coach: Marty	12 6:30 Y Coach: Christopher	13	14 6:30 Y Coach: Kim	15	16 4:30 - ASU Coach: Marty
17	18 6:30 ASU Coach: Michael	19 6:30 Y Coach: Marty	20	21 6:30 Y Coach: Trevor	22 Swimming World Cactus Classic ASU	23 4:30 ASU Coach: Christopher
24 Swimming World Cactus Classic ASU	25 Memorial Day No Practice	26 6:30 Y Coach: Trevor	27 Shot night at BS West 9:30 pm	28 6:30 Y Coach: Michael	29	30 4:30 ASU Coach: Kim
31	1 June	2	3	4	5	6 Open Water Lake Pleasant

FUTURE EVENTS

- June 6 - USMS Open Water Swim - Lake Pleasant
- July 25 - August 2 - IGLA Championships, Copenhagen, Denmark 

AZ SHORT COURSE STATE CHAMPIONSHIPS

Brophy Aquatic Center, March 27-29, 2009

50 Freestyle

Paul Hopkins	2	24.22
Raul Herreras	2	24.82
Ronnie Conner	4	28.29
Marty Sarussi	3	23.68
Norman Reyes	7	35.61

100 Freestyle

Raul Herreras	5	57.05
Ronnie Conner	6	103.51
Paul Hopkins	3	56.83
Rick Shaffer	5	1:34.07

200 Freestyle

Ronnie Connor	3	2:23.59
Rick Shaffer	2	3:29.71

500 Freestyle

Bill Shaw	4	7:21.56
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1650 Freestyle

Bill Shaw	1	25:33.35
Rick Shaffer	2	32:27.50

50 Backstroke

Jacob Palmer	1	27.37
Paul Hopkins	3	32.76

200 Backstroke

Rick Shaffer	1	4:43.92
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50 Butterfly

Matt Dolamore	4	28.25
Jacob Palmer	3	24.58
Raul Herreras	2	28.60
Marty Sarussi	2	26.00

100 Butterfly

Jacob Palmer	2	55.94
Marty Sarussi	1	58.59

50 Breaststroke

Matt Dolamore	3	32.47
Jacob Palmer	1	28.46
Raul Herreras	2	32.44
Ronnie Connor	3	37.28
Dan Griffin	4	40.70
Paul Hopkins	1	33.73
Rick Shaffer	5	1:04.96

100 Breaststroke

Jacob Palmer	1	1:03.10
Matt Dolamore	2	1:11.23
Raul Herreras	1	1:11.13
Dan Griffin	2	1:27.24

200 Breaststroke

Raul Herreras	1	2:52.60
Dan Griffin	2	3:17.01

100 IM

Matt Dolamore	4	1:10.02
Jacob Palmer	1	56.28
Marty Sarussi	3	101.13

200 IM

Jacob Palmer	1	207.78
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200 Medley Relay

Sunfish 18+	3	1:53.91
Sunfish 25+	3	2:26.56

200 Free Relay

Sunfish 18+	2	1:41.92
Sunfish 35+	2	1:53.41

ARM STRENGTHENING FOR SWIMMING

Swimmers put their arms under much more strain and in ways that non-swimmers almost never do. To avoid injury, as well as swim faster, you should strengthen the general muscles used in swimming and strengthen the shoulder joint in particular.

The secret to choosing strength exercises for swimming is to realize that most motions used in swimming are "lever" motions as opposed to "press" motions. Press motions place the weight directly above (or against) the muscle that is moving it; the entire weight is supported by the muscle that is moving it, typically against gravity. Lever motions place the weight to the side of the primary muscle moving it - using a "pivot point" where a great amount of stress is concentrated, usually the shoulder & elbow. A push-up is clearly a press motion: the weight (your body) is directly supported by the arm muscles beneath. A sit-up is a lever exercise - the muscles around the hips (pivot point) lift the weight located to the side (the torso).

The only press motion (for arms) in swimming is when the arms push water away from the shoulder past the thigh at the finish of freestyle and backstroke. All other arm motions typically require the arm to act a lever pivoting in some fashion around the shoulder.

In addition to specific exercises, you should fully strengthen the rotator cuff muscles of the shoulder using general rotator cuff exercises.

As always, consult a knowledgeable person or reference a guide before beginning any strength training regimen.

All	Rotator Cuff
	Latissimus (back)
Freestyle	Triceps (dips)
	Wrist Curls (forearm)
	Rowing machine
Backstroke	Tricep extensions
	Latissimus Pull Down, Wide Grip
	Latissimus Pull Down, Straight Arm
Butterfly	Deck presses
	Pullovers
	Lateral deltoid lifts
Breaststroke	Flys (inward pectoral)
	Reverse Flys (Scapular)
	Pullovers



BRING A FISH FRIEND MONTH!

Are there swimmers at your work/ gym / watering hole that would like to swim, yet don't have the right reason to just yet? Bring them to practice in May! If your swimmer joins the team, you'll get a gift certificate to Pei Wei!

PHOENIX SUNFISH
4328 NORTH 15TH DRIVE
PHOENIX, ARIZONA 85015

PHOENIX SUNFISH

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