



Sac Attack Summer Calendar

sacattackswimming@sunsetac.com

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8 <i>Swim Suit Fitting 3pm-6pm In Bistro Lobby</i>	9 <i>Swim Suit Fitting 9am-12pm In Bistro Lobby</i>
10	11	12	13 <i>Last day to Order Sweats</i>	14	15	16
17 <i>Parent Meeting 6pm Caf�</i>	18	19	20	21	22	23
24	25 <i>Welcome! First day Of Practice</i>	26	27	28 <i>Burger Buck Night 4:30pm-6pm</i>	29 <i>Game Day</i>	30



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# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Stroke Week Freestyle</i>	3 <i>Stroke Week Backstroke</i>	4 <i>Happy 4th Of July NO PRACTICE</i>	5 <i>Stroke Week Breaststroke Meet entries due by NOON</i>	6 <i>Stroke Week Butterfly/Dives</i>	7 <i>First Meet @ SAC Arrive @ 7:45am Warm ups @ 8am Meet Starts @ 9am</i>
8	9	10	11	12 <i>Meet Entries due by NOON</i>	13 <i>Potluck 5pm-7pm</i>	14 <i>Swim Meet @ Jackson School Warm ups TBA</i>
15	16	17 <i>LAST DAY TO SIGN UP FOR THE CHAMPIONSHIP MEET</i>	18	19 <i>Meet Entries Due by NOON BURGER BUCK NIGHT</i>	20	21 <i>Meet @ SAC Arrive @ 7:45am Warm ups @ 8am Meet Starts @ 9am</i>
22	23	24 <i>Iron man day</i>	25	26 <i>Meet Entries Due by NOON</i>	27	28 <i>Meet @ Murray Hill Warm ups TBA</i>
29	30	31 <i>RECORD BREAKER DAY</i>				



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# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>CHAMPIONSHIP MEET GO SAC!</i>
5 <i>END OF THE YEAR PARTY TIME- TBA</i>	6	7	8	9	10	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# **SAC Attack Swim Suit Fitting and Sale**

*Friday June 8<sup>th</sup> - 3:00 PM – 6:00 PM*

*&*

*Saturday June 9<sup>th</sup> - 9:00 AM – 12:00 Noon*

Where: **Sunset Athletic Club Lobby**

*\*\* Special pricing at this event for all SAC Attack swimmers.  
Suits purchased at this event will be delivered the first week of practice*



**SPEEDO**® 



*Sunset Athletic Club*





*Sunset Athletic Club*

# 2018 SAC Attack

## ***IMPORTANT TEAM INFORMATION***

### **Summer Meet Schedule**

July 7<sup>th</sup> SAC vs. Murray Hill vs. Mac vs. Meadows @SAC

July 14<sup>th</sup> SAC @ Jackson

July 21<sup>st</sup> SAC vs. Hawthorne vs. Irvington @SAC

July 28<sup>th</sup> SAC @ Murray Hill

**August 4<sup>th</sup> CHAMPIONSHIP MEET @ Mt. Hood Community College**

*Meets are an important part of the swim season and we would like each swimmer to participate in at least one meet this summer.*

### **Stroke Weeks**

Weeks to be announced! Watch your emails!

During stroke week we like to break down and focus on improving each stroke. Practice will run as usual so please feel free to attend any practice time.

### **How to Order Team Sweats**

This year all team sweats will be ordered online! You will be sent a link that will allow you to order Sweats. Your Sunset Athletic Club account will be charged when the order arrives. No returns or exchanges please.

Place your order by: **June 2nd** receive order by **June 25th (first day of practice)**

### **EMAIL**

New Members of the SAC Attack Swim Team or members who have changed email addresses: Please email [sacattackswimming@sunsetac.com](mailto:sacattackswimming@sunsetac.com) today and request to be added to the mailing list. This will keep you up to date on news and information regarding the team.

