



**February 4, 2009**

**Saluki Swim Club**

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## Practice changes

Please note that the most timely changes to the practice schedule are available on the club website.

There will be some practice changes Feb. 11-14 due to the Missouri Valley Conference Swim Meet at the Rec Center.

There will be no practice on Friday, February 27.

**“Don’t let go of your dreams. If you have determination and belief in your dreams, you will succeed in spite of your desire to let go.”**

**--Catherine Pulsifer**



*Building a Culture of Achievement*

# Update #170

## **Tri-State Meet Will Be Held at the Shea Natatorium, and We Need Your Help!**

The 2009 Tri-State Meet will be Sunday, February 15. This is a great meet and will be the last meet of the season for many of our swimmers. Swim Parents, we will need all of you to help us run this short one session meet. We will ask for all parents to meet with us on deck during warm-ups to fill the worker positions. The meet will be quick and fun!

Also, each Saluki swimmer who participates in the Tri-State Meet will receive a new Saluki Swim Club team t-shirt. Please send an email to Coach Jay by Friday, Feb. 6 with your swimmers t-shirt size. If a t-shirt size is not received by Friday, Coach Jay will guess a size.

The Tri-State Meet will also be a final opportunity to qualify for the Ozark Championships. Swimmers who qualify for Ozarks at the Tri-State Meet will be given an opportunity to sign-up for that meet at the conclusion of the Tri-State Meet. We will also offer a short time trial session immediately following the Tri-State Meet. This will offer additional opportunities for our swimmers to make Ozark qualifying times.

## **Announcements**

### **Upcoming Meets:**

February 6-8 Great Times Invitational in Cape Girardeau, MO.

February 15 Tri-State Championship in Carbondale, IL

February 27-March 1 Ozark Championships in St. Peters, MO.

March 5-8 Sectional Meet in Oklahoma City, OK

Spring Break begins Saturday, March 7 and practice will resume on Monday, March 16.

## **Parents: Help Us make the Spring Evaluation a Huge Success.**

The Evaluation for the Spring Session will be held on Monday, Feb. 23 at 6:00 pm at Pulliam Hall Pool. Swim parents please share this information with any families who might be interested or who might want to get in shape for summer league. Any swimmer who is interested in Saluki Swim Club should reserve a spot for the evaluation by emailing Coach Jay Newton at [coach@swimsaluki.com](mailto:coach@swimsaluki.com).

## **It is Time to Order New Team Warm-ups.**

We will be ordering new warm-ups soon. The order forms will be released next week and the deadline will be fairly soon. Details on the cost and deadlines will be on the order form. The warm-ups are being ordered through 7-10 and the best price will be offered for the initial team order.

## **The Annual Banquet Will Be Held in mid-March.**

We are in the process of securing a location and date for our banquet. We are looking at having the banquet in mid-March. The date should be announced in the next couple of weeks.

## **A Quick Note About Meet Entries**

Swim Meets in our area have a tendency to fill up very quickly. In fact, most teams have a date where they start accepting entries. Most of the time the meet fills up before 10:00am (and not by the entry deadline). With this in mind, please pay attention to the team deadlines to sign-up for meets. This deadline is set by our coaching staff so that we can take care of our paperwork and send in the meet entry in time for our team to be in the meet.

## Important Dates

Detailed meet information is available on the Calendar page of the Saluki website.

# FAST Winter Invitational Results

Twenty-four Saluki swimmers competed in St. Louis last weekend and had many great swims. Fourteen Saluki swimmers achieved 68 Ozark qualifying times in the meet. This included Caleb Gomes, Alex Mehrtens, and Kyle Walker who made their first qualifying times of the season. Other swimmers achieving Ozark qualifying times included: Elizabeth Bell, Speed Davis, Braci Dutton, Darren Hale, Trevor Jones, Ashlee Kuan, Jerry Kuhnert, Darlene Sao, Austyn Sigler, Jacob Stone, and Kelsie Walker. Saluki swimmers had best times in 52% of their swims. As a team, swimmers achieved 6 AAA, 15 AA, 18 A, 40 BB, and 56 B times.

Swimmers who finished in the top 16 in their age group included: Cody Bailey (12 yrs old) 14th in the 50 fly; Elizabeth Bell ( 17 yrs old) 1st in the 100 back, 100 breast, 200 IM, 100 and 200 fly, 50, 100, and 200 free, 3rd in the 400 IM, and 5th in the 500 free; Speed Davis ( 15 yrs old) 2nd in the 100 and 200 back, 4th in the 100 free, 5th in the 200 free, 8th in the 100 fly, 11th in the 50 free, and 12th in the 200 IM; Braci Dutton (14 yrs old) 2nd in the 50 and 100 free, 3rd in the 100 fly, 5th in the 100 back, 7th in the 200 back, and 10th in the 200 free; Caleb Gomes (10 yrs old) 13th in the 100 breast; Darren Hale (13 yrs old) 10th in the 100 free, 11th in the 50 free, 12th in the 200 free, and 16th in the 100 fly; Ryan Hall (14 yrs old) 15th in the 200 fly; Sarah Hall (17 yrs old) 5th in the 200 fly, 11th in the 200 back, 13th in the 100 back, and 15th in the 200 free and 100 fly; Ashlee Kuan (12 yrs old) 4th in the 100 breast, 5th in the 50 breast and 100 back, 6th in the 100 IM, 8th in the 50 back and 200 IM, and 9th in the 100 fly; Cameron Kuan (9 yrs old) 14th in the 50 breast and 16th in the 200 free; Jerry Kuhnert (12 yrs old) 2nd in the 100 breast, 3rd in the 50 breast, 6th in the 50 fly, 11th in the 100 fly, 13th in the 50 free and 100 IM; Alex Mehrtens (18 yrs old) 15th in the 1000 free; Miranda Payne (13 yrs old) 12th in the 100 breast; Darlene Sao (15yrs old) 5th in the 50 free, 6th in the 100 fly, 10th in the 100 breast and 11th in the 200 IM; Austyn Sigler (15 yrs old) 5th in the 200 breast, 6th in the 100 breast, 12th in the 200 back, 14th in the 100 back, 16th in the 50 and 200 free; Jacob Stone (11 yrs old) 8th in the 100 IM, 10th in the 100 back, 11th in the 200 free, 12th in the 50 back, 13th in the 100 breast and 200 IM, and 14th in the 50 breast; Kelsie Walker (12 yrs old) 2nd in the 200 free and 100 IM, 4th in the 50 fly, 6th in the 100 back, 9th in the 200 IM, 11th in the 100 fly, and 12th in the 50 back, 100 free and 500 free; Kyle Walker (15 yrs old) 12th in the 1000 free, 13th in the 200 back, and 14th in the 50 free and 100 back.

**Please remember to check the Calendar page for meet sign-up deadlines:**

### Great Times

Always popular with Saluki. This meet is the last full blown opportunity for athletes to get their Ozark qualifying times.

**February 6-8: Cape Girardeau, MO**

### Tri-State Championship

.This is a small one session meet with a few of teams from Illinois, Missouri, and Kentucky.

**February 15: Carbondale, IL at Shea Natatorium**

### Ozark Championship

This is the big competition of the 2008-09 short course season. Qualifying times are required.

**27 Feb-01 Mar: St. Peter's, MO**

### Sectional Championships

This meet is offered for swimmers who meet the qualifying times.

**March 5-8: Oklahoma City, OK**

### Spring Evaluation Night

Monday, Feb. 23 at 6 pm at Pulliam Hall Pool. Email Coach Jay Newton at coach@swimsaluki.com to reserve your spot.

### Spring Session Sign-ups for Existing Swimmers Will Begin on Friday, Feb. 20

Online registration for the Spring swim session will begin on Friday, Feb. 20. Please make sure to sign-up and swim with us in the exciting Spring Session.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
					Group 4: 6pm-7:30 at Pulliam Great Times Meet	No Practice Great Times Meet
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Great Times Meet				Group 4 5-7 at Pulliam	Group 4 5-7 at Pulliam	No Practice