



## Saluki Swim Club

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**NET RESOURCES**  
**Saluki Swim Club Online**  
www.swimsaluki.com

**USA Swimming**  
www.usa-swimming.org

**Ozark Swimming**  
www.ozarkswimming.org

**GET THIS LETTER BY EMAIL**  
Go to [www.swimsaluki.com](http://www.swimsaluki.com) to get this letter sent to you electronically each month.

## ALERT!

- Registration is still open for the *Kimballfest* (12-14 Jan) and *GATR 3-Star* (09-11 Feb). These are two good meets for us so don't miss out! Register now.
- The deadline for the *Kimballfest* has been set to 14 December.
- Those attending the *Paducah Swimfest* should make reservations at the Executive Inn (270-443-8000) if you haven't already done so.

## The Tut File #92

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### Board of Directors

Clay Kolar	President	457-4627
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The official journal of the Saluki Swim Club

# The Tut File

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Never a dull moment!

## The 2000 Turkey Trot

As one weary parent put it at the end of our meet a few weeks ago, "Another *Turkey Trot* in the bag!" Running a home meet is sometimes such a task that it overshadows the reason we're running it. Everyone who took a moment to stop and look at how Saluki was doing in the meet though noticed that it was maybe one of our best meets ever in terms of our own teams performance.

If you followed the website reports during the meet then you know some of the highlights. For the benefit of those who did not have access to the web here is a brief summary of our performance:

- 12 new club records were set by 5 Saluki swimmers.
- Brad Byars turned in a national reportable time for Top 16 consideration in the 50 free for 13-14 boys.
- Justin Hvidston took the Big Kahuna award by dropping over 140 seconds from his list of events. Close on his heels was Megan Adams with over 132 seconds taken from her own list.
- Although many tried, Jesse Robinson was the first to meet the *Saluki Challenge* by turning in a best time in his 200 free while keeping all four 50s within a 3 second spread.
- Here's the big one: 97.82% of all Saluki entered in the meet had best times in something!

### Meet workers

There were periods, especially in the morning sessions, when we actually had too many workers. It was hard to find a job for everybody. This is the kind of cooperation and enthusiasm that makes running the meet a lot easier. Imagine what it would be like if we were lacking workers.



A large number of willing workers makes the meet run smoothly and that is what really contributes to a good competitive situation for the swimmers.

### Spring long course meet next big deal on the agenda

Our next 'all hands on deck' event is the long course meet we host in May. For the past few years attendance at this meet has been low. This year we're making a special effort to attract about 400 swimmers to Carbondale for this meet.



## practice changes

- Parent observation week at Pulliam this month is from 04-08 December.
- No AM practice on Monday, 04 December.
- There will be no Saturday practices on 02, 16, 23 or 30 this month. These cancellations are all due to meets or holiday schedules.
- A complete holiday training schedule is included on page 2. You can also download the holiday schedule from the calendar page at our website ([www.swimsaluki.com](http://www.swimsaluki.com)).

# Holiday Practice Schedule

# News Bits

The Fall session will officially end on 21 December. There will be practices for some groups during the holiday week when we do not have access to the Pulliam and SRC pools. These “supplemental” practices are meant to help older swimmers maintain conditioning during the break.

## Fall session extended

Originally the Fall session was to have ended on 15 December as was published in the Fall brochure. However, we are able to extend the session to 21 December with minor schedule changes.

Here is the schedule for the Christmas and New Year holidays. **There are time and pool changes.** Please pay attention to your child’s group info:

■ **Up to and including 19 December** all groups will follow their normal practice schedule.

■ **20-21 December.** All groups will meet at Pulliam on the following schedule:

- All Jedi: 5:00-5:45p **only**
- All AG 1: 5:00-6:00p **only**

Normally there are Jedi and Age Group 1 squads that meet at 6:00p. **These times are not available to these groups on these two days.**

- AG 2: 6:00-7:30p
- Junior: 6:00-7:30p
- Senior: 6:00-7:30p

■ **22 December.** Only SRC groups will meet from 4:30-6:00p **at the SRC.** No practice for Pulliam groups.

■ **23–26 December.** No practice for any group.

■ **27–29 December.** Age Group 2, Junior and Senior groups will meet at the **Carbondale Life Center** from 12:00-2:00p.

■ **30 December to 02 January.** No practice.

■ **03–04 January.** All groups will meet at Pulliam pool and follow the same schedule as 20-21 December.

■ **05 January.** No practice for any groups because we’ll be at the Paducah meet.

■ **08 January.** Full practice schedule resumes (see the winter practice schedule below).

## Rejoining families please note

Recently several families have been “popping” back into club workouts after layoffs. While we certainly welcome anyone back and look forward to having them in the club there is a certain amount of paperwork involved in renewing your club activity.

Here are some tips that will help us keep records straight and will make your rejoining easier:

1. Give us a call or send an email to let us know you’re coming.
2. If you haven’t filled out a registration form for the 2000-01 season download one from the documents section of the website. Fill it out and **bring it with you** with the proper fees to your child’s first practice.
3. If you’re a returning SRC swimmer do not simply “show up” at the Rec Center. All swimmers rejoining the team will initially be assigned to Pulliam pool. Moves to the SRC will only be made after discussions with the head coach.

## Fee payments due

All families are asked to make sure that their fee payments are current. All fall session obligations must be met prior to any practice or meet participation in the winter session.

## Pulliam swimmers need caps!

Some of our younger swimmers seem to dislike wearing caps at practice. The caps are necessary when trying to learn proper technique. Beginning in January, coaches will begin making sure that those who need a cap at practice wear one.

## Refrigerator version of holiday practice schedule

We know that many of our members laminate and save for future generations every copy of the *Tut File* they receive and wouldn’t want to mar an issue by sticking it on their local refrigerator.

Don’t worry, we thought of this when cooking up the holiday training schedule. You will be able to download and print a version of the holiday practice schedule from our website in early December. It’s one page and it’s easier to read than the version listed in this letter.

## Winter Session Practice Schedule

This schedule takes effect on **Monday, 08 January 2001**

This schedule is largely the same as the one we used in the Fall. As this edition of the newsletter hits the streets its still tentative. A final version will be published at the end of December.


Pulliam Groups	SRC Groups
Jedi 1: 5:00-5:45p, MTuWThF	Junior: 5:30-7:00p, MTuWThF
Jedi 2: 6:00-6:45p, MTuWThF	10:00-11:45a, Sa
Age Group 1: 5:00-6:00p, MTuWThF or 6:00-7:00p, MTuWThF 10:00-11:45a, Sa (SRC)	Senior: 4:15-6:00p, MTuWThF 5:30-7:00a, MWF 10:00-11:45a, Sa
Age Group 2: 6:00-7:30p, MWThF 6:00-7:00, Tu 10:00-11:45a, Sa (SRC)	

**Note:** During most of the Fall session Age Group 1 swimmers had the option of attending practice from 6:00-7:00p or at their regular time from 5:00-6:00p. At this time we do not know if this will be continued for the winter session. This will be decided in December and published in the next edition of the *Tut File*.

Saturday practices are always held at the Student Recreation Center (SRC) pool. Age group 1 and 2 swimmers must meet early at the lower door (parking lot side) to be let into the building by one of the coaches.

# December 2000

The complete holiday practice schedule (including January dates) is available at [www.swimsaluki.com](http://www.swimsaluki.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>31</b>					<b>1</b> Rec-Plex Gold Star	<b>2</b> No Saturday practice
<b>3</b> Gold Star	<b>4</b> No AM Practice Board Meeting 7:00p, Alumni Lounge	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Age Group 1 Age Group 2 Junior Senior 10:00-11:45a SRC pool
<b>10</b> Swim Your Own Age meet	Parent Observation Week at Pulliam					<b>16</b> No Saturday practice Pentathlon
<b>17</b> PKWY Distance	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Registration deadline for the Kimballfest	<b>15</b>	<b>23</b> No Saturday practice
	<b>18</b>	<b>19</b>	Practice changes--see schedule!		SRC groups only	
<b>24</b>	<b>25</b> No Practice	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> No Saturday practice
			Carbondale Life Center for AG2, Junior and Senior groups			

# Rufus T Firefly

## important dates

The Nobel Prize in understatement goes to **Torri Greer** for noticing that Pulliam pool is longer than it is wide...Jedi Greer made this startling discovery on a Thursday when practice was held across the pool instead of the "long way"...one Jedi who made her mark at the recent *Turkey Trot* was **Darlene Sao**...She was appointed as head Saluki cheerleader, so between her events she led the other Saluki in shrieks of joy as her teammates finished races...that was the idea anyway and she got lots of help from **Natalie San**, **Nisha Sinha** and **Dara Weaver**...*What Saluki got to swim the 100 free twice during the Turkey Trot?* (not counting relays) ...bonus, Who said, *"To Disney World I am going! I will kiss the Goofy!"*...T-30s were the order of the day last week at the SRC for the Senior and Junior groups...**Coach Price** was in

...and  
another  
thing...

a daze counting every lap but he kept saying, "All I want is a complete and accurate count of every lap. What's wrong with that? Afterall, once our swimmers swim a lap they should have it counted."...I hear that Saluki HQ (SHQ) is rapidly preparing for the hectic holiday practice period...SHQ, normally a hotbed of relaxation, is working overtime to get the holiday break stuff finished in time for this letter...well, \$50 says *something* will be changed...People who say "Oh, boy! I can't wait" include **Ellie Nelson** when doing butterfly, **Mara Sarabia** on T-30 day, **Brad Byars** on any breaststroke set, **Lindsey Kolar** when talking about wet gymnastics mats and sliding around on her belly and Renaissance Man, **Ryan McDonald** contemplating any plyometric activities...Ryan's mantra?...*"Gravity. Not just a good idea. It's the Law!"*

### Winter Division 1 Championship

Prelim/final format. "Gold" qualifying times. Held at the Rec-Plex.

**01-03 December, St. Peters, MO**

### Swim Your Own Age

This is a good meet for younger swimmers. Children compete in one year age brackets instead of the traditional two years.

**10 December, Clayton, MO**

### Pentathlon meet

Hosted by the Parkway Swim Club.

**16 December, St. Louis, MO**

### Distance meet

Hosted by the Parkway Swim Club.

**17 December, St. Louis, MO**

### Paducah Swimfest (25m)

Very popular meet for teams from all over. Already entered.

**05-06 January, Paducah, KY**

### Kimballfest

Very good for younger swimmers. Don't miss this meet. It's a great time and a fun little town to visit. The deadline to register is 14 December.

**12-14 January, Jasper, IN**

## Saluki Swim Club

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