



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 to get this letter sent to you electronically each month.

ALERT!

Registration deadlines have been set for the following meets:

- **GATR 3 Star** in Cape Girardeau, MO. Deadline is 15 January.
- **Ozark Senior Championship** in Clayton, MO. Deadline is 29 January.
- Families not swimming in the winter session should let the club office know this as soon as possible.

The Tut File #93

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Board of Directors

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The official journal of the Saluki Swim Club

The Tut File

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Bill Price

What's new for 2001?

A swimming club finds itself in an odd situation at this time of year. While practically everyone else on the planet is busy recreating themselves for the new year we are just getting ready to finish up what we started in September. There are a few things that will be new in 2001—just not right away.

Restructuring training protocol

Throughout the first part of the year the coaching staff will be hard at work refining a new plan for setting up the team. Once completed the new structure will take effect in September for the opening of the fall session.

Why restructure? The main reason is to identify what swimmers should be learning at the various levels of our program and then determine how we are going to deliver that material and track progress. While this might sound easy it's really the Holy Grail of age group sport development—lots of people are looking for it but no one's found it yet. We will have help in this endeavor though. In 1998 USA Swimming held a sport science summit to address this issue and both Swim Canada and the British Amateur Swimming Association are working on similar projects.

The Saluki project will address three ar-

reas within the club itself: basic skill development, basic training and advanced training. At each level we will identify skills and abilities to focus on as well as determining what the criteria for the next level is. It will also address the competitive structure we participate in.

Current competitive structure not for children

As I outlined in a series of articles last year, the current competitive structure

does not really serve the needs of young swimmers. The remedy to this is to design and offer competitions that reinforce the developmental aspects of what we do in practice sessions. Presently this is not being done.

However, Saluki is not in a position to make these changes alone. With a little luck by this time next year we will have a nucleus of teams willing to give a few 'developmental' meets a try. I believe that this will be the key to what most big shots call "athlete retention."

The thrust of this project will be to move the club away from the summer league structure that most of our members are familiar with and focus on the actual sport development aspects of what a year round age group sports club should be offering.



practice changes

- Parent observation week at Pulliam this month is from 08-12 January.
- No AM practice on Monday, 08 January.
- No practice for Pulliam groups on Monday, 15 January for Martin Luther King day.
- Because of club and University meet schedules there will be no Saturday practice during the month of January.
- On 03 and 04 January all groups will meet at Pulliam. Jedi and Age Group 1 will meet at 5:00. All other groups will meet at 6:00p.
- There is no practice on Friday, 05 January for any group.
- There is no SRC practice on Friday, 12 or 26 January.

Website stuff

Are you getting the Newsletter?

Some families have informed Saluki HQ that they are not receiving the newsletter each month. Since August, SHQ has mailed a newsletter to every active family around the end of each month. If you're a member of the club then you should be receiving this letter regularly. If you're not receiving it though the best remedy is to register to receive it on-line. By doing this the newsletter will be emailed to you minutes after it is published each month.

To register to receive the letter electronically go to the club website. On the first page you will find a form to submit your email address to SHQ. Type in your email address, click 'subscribe' and you will start receiving *The Tut File* with the next edition. There are two important points to remember about the file you will receive each month:

1. You need the *Adobe Acrobat Reader* installed on your computer for the electronic version of *The Tut File* to be opened. (see below)
2. Many 'kid control' filters allow you to block email that contains graphics. *The Tut File* contains graphics so we suggest that the email address you send to us is that of an account holder that is not subject to 'kid control' settings.

Installing the Acrobat Reader

The *Adobe Acrobat Reader* is a free program that enables anyone with it installed on their computer to read PDF documents. PDF stands for "portable document format" and it is the most popular format for distributing published material on the web today. If the *Reader* is already installed on your computer then its use is transparent: click on a file with the ".pdf" extension and the *Reader* automatically starts running and within seconds the document is visible on your screen. If the *Reader* is not installed then obviously this doesn't happen.

It's easy to get the *Reader*:

1. From the SwimSaluki documents page click on the yellow "Get *Acrobat Reader*" icon. This will take you to the Adobe site where you can download the *Reader* (it's free). Once the download process is completed (it takes a few minutes) then you install the *Reader* on your computer.
2. Installation is easy. Find out where the file is on your computer and then simply double click it. The *Acrobat Reader* download is self extracting so it practically installs itself with minimal input from the you. Once installed the *Reader* will automatically open and display documents with ".pdf" extensions whenever you click on them.

Winter Session Practice Schedule

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

Pulliam Groups

Jedi 1: 5:00-5:45p, MTuWThF
Jedi 2: 6:00-6:45p, MTuWThF

Age Group 1: 5:00-6:00p, MTuWThF
or 6:00-7:00p, MTuWThF
10:00-11:45a, Sa (SRC)

Age Group 2: 6:00-7:30p, MWThF
6:00-7:00, Tu
10:00-11:45a, Sa (SRC)

SRC Groups

Junior: 5:30-7:00p, MTuWThF
10:00-11:45a, Sa

Senior: 4:15-6:00p, MTuWThF
5:30-7:00a, MWF
10:00-11:45a, Sa

2001 Swim School Preview

Tentative dates have been set for this year's edition of the Saluki Swim School: 4-14 June, 18-28 June, 9-19 July and 23 July-2 August. As in previous years, classes will run Monday through Thursday for two weeks. Full information will be available in March.

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News Bits

New Families

Families with new swimmers wishing to join the club should come to Pulliam pool on 8, 9 or 10 January between the hours of 5:00 and 6:30p. A coach will be available to evaluate new swimmers and answer questions regarding the Saluki program.

To join the club there is a certain amount of paperwork that must be done and an initial payment of registration fees.

All new swimmers will be assigned to Pulliam training groups.

Club purchases video camera

Saluki recently purchased a video camera to aid in teaching technique. So far it's been used mostly at the SRC practices. Beginning in the winter session it will probably spend a week at the SRC and then a week at Pulliam. Coaches will determine how and when the camera is used.

Awards banquet set

The club annual awards banquet will be held on Sunday 25 March. The location and program of the banquet has not yet been determined.

Weather cancellation policy

During the December storm we received a lot of calls regarding the cancellation of practice. Our practice cancellation policy is fairly simple:

1. If the University closes then all Pulliam practices are cancelled.
2. If the SRC closes then the SRC practices are cancelled.

If there are circumstances that warrant changing these two guidelines then we will notify radio stations WJPF 1340 and 1020 AM and WCIL-FM. If you can't receive these stations you can always call the club office. If you receive our normal message then practice is scheduled as normal. Decisions on cancelling practice are usually not made until after 12:00 noon.

Regardless of whether practice is cancelled or not families should use their own judgement about travelling during bad weather.

Other practice cancellations

The month of January has lots of practice cancellations. The ones we already know about appear on page 1 of this letter. Others will appear on the club's website. We encourage members to check the website regularly.

January 2001

Check the expanded calendar at:
www.swimsaluki.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			All groups at Pulliam Jedi: 5:00-5:45p only AG1: 5:00-6:00p only AG2, Junior, Senior: 6:00-7:30p Current members only. New swimmers register on 8 January.		No practice	No Saturday practice
			Paducah Swimfest			
7	8	9	10	11	12	13
No AM Practice		Board Meeting 7:00p, Alumni Lounge			No SRC PM practice	No Saturday practice
Paducah	Parent Observation Week at Pulliam				Jasper Kimballfest	
14	15	16	17	18	19	20
	No Pulliam practice					No Saturday practice
Jasper	Martin Luther King Day					SIU vs. Western Kentucky and Western Illinois
21	22	23	24	25	26	27
					SIU vs. Southwest Missouri State No SRC practice	No Saturday practice
					RPLX 3-Star	
28	29	30	31			
RPLX 3-Star						

Rufus T Firefly

important dates

Kait Adams, Danielle Culpepper and Alex Halbrook now know what the 1650 is really like...the three Saluki swam the event at the recent Parkway Distance meet and can't wait to swim it again...“Which Saluki originally had to try out for the team in his underwear since he forgot his suit?”. This is just one of the dozens of Saluki trivia questions that you can take a crack at answering at the Saluki website later this month...the tireless coaching staff is laboring overtime to come up with enough questions to make a worthwhile test (and also arranging a list of fabulous prizes)...Speaking of trivia tests, trivia queen **Hannah Weber** might have an edge on things...one Saluki coach is still in shock that she knew the answer to his best question...you might not recognize **Charles Du** when the winter session starts...word has it that he is

trying to disguise himself as Bigfoot...**Ann Gimse** has a few winter driving tips to relate to her highly insured compatriots...film at 10:00...internet mastermind **Bill Price** had a dream to have the Saluki website pay for itself...It looks like that just might happen for the first year of operation if everybody remembers to go to **Amazon.com** by clicking on the links at **Swimsaluki.com** ...anything you buy at Amazon earns the club an associates fee...anybody can do this so encourage your friends and neighbors to use our website to go to Amazon...I see by the calendar that Saluki is off to Paducah this weekend!..as you might guess I can't think of anything more exciting than having 400 swimmers in the same hotel...all day...I'm looking forward to the post meet reports...The 25m course offers new chances for Ozark Q's...developing.

...and
another
thing...

Saluki Swim Club

P.O. Box 3293
Carbondale, IL 62902-3293

Paducah Swimfest (25m)

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

05-06 January, Paducah, KY

Kimballfest

Very good for younger swimmers. Already entered. It's a great time and a fun little town to visit.

12-14 January, Jasper, IN

3 Star Invitational

Held at the Rec-Plex. Already entered.

26-28 January, St. Peters, MO

3 Star Invitational

Deadline to register is 15 January.

09-11 February, Cape Girardeau, MO

Ozark Senior Championship

13 years and over. Held at the new Center of Clayton pool. There may not be any qualifying times for this meet. Deadline to register is 29 January.

16-17 February, Clayton, MO

USS Sectional Championship

12 years and over, qualifiers only. Check the website for the Qs.

01-04 March, Fayetteville, AR

Not swimming in the winter?

Let us know!

