



05 November 2001

Saluki Swim Club

Saluki Swim Club, Inc.
P.O. Box 3293
Carbondale, IL 62902
618-457-1103 (Saluki HQ)
618-985-6309 (Billing questions)
Email: coach@swimsaluki.com
Next publication date: 12-Nov-01

Practice changes

Saturday, 10-Nov – No practice for any group due to the Gator Iron Swimmer meet.

Parent Work Requirement for Turkey Trot

The Turkey Trot is a 5-session meet which, under the terms of the *Parent Work Requirement*, means that Saluki parents must work 3 of the sessions.

Please contact Lyle White (618-985-2035, (lwhite@siu.edu) and let him know when you can work.

"If it wasn't hard, we wouldn't bother doing it!"

Saluki Update

This is the inaugural issue of "Saluki Update"

With this first edition of the *Saluki Update*, the club begins a new era. The *Update* is our first internet only publication. It will be e-mailed every two weeks to those on the Swimsaluki.com e-mailing list. If you're not on the e-mail list, and want to be, go to the website and sign up.

The reason for this change is based on the need to get more immediate information to club families. This applies especially to meet registration info but also covers other matters like practice changes, coaching announcements, special events, etc.

Right now the publication schedule calls for the *Update* to be published every other Saturday. On meet weekends publication may be speeded up or delayed depending on what info is in that particular issue.

Our plans for *The Tut File*, the clubs newsletter, include a less frequent publication schedule and a slight change in focus. Rather than attempting to announce what's coming up, the newsletter will now serve more as a recap of what has already happened and feature an emphasis on education. Articles about our sport will be included. These will address issues not only important to our club but to issues in our LSC (Ozark) and USA Swimming in general. Changes in swimming in the United States are coming. The newsletter will comment and explain these changes.

T-30s set for this week

Swimmers in Groups 4 and 5 will be undergoing another T-30 swim Monday or Tuesday this week. The T-30, widely known as everyone's favorite test set, is a test of how far a swimmer can travel in 30 minutes. Not only is it a good gauge of fitness, it's a wonderful workout set. T-30 results are also part of the group assignment criteria. The outcome of this weeks tests will be available in the Statistics section of our website. We hope to get most of the swims done on Monday.

Paducah hotel rooms now available

Those who are registered for the Paducah Swimfest in January are now able to reserve their rooms at the JR's Executive Inn, the host hotel. The pool at the Inn is the meet venue. It's an unusual setup that you have to see to believe. Since our entry into the meet was accepted Saluki can now make reservations at the Inn by calling 270-443-8000. Identify yourself as attending the Swimfest with Saluki Swim Club.

490 swimmers from all over the Midwest are getting ready for the Turkey Trot!

With almost 500 swimmers attending the Saluki November meet we need lots of parent support to run the meet efficiently. Please sign up to work prior to the meet so that Pam Adams, Meet Director, and Lyle White, Meet Coordinator, will know who to expect and can assign jobs effectively.

Five sessions of racing will be held beginning on Friday afternoon with the popular Carbondale 500. We're expecting 30 heats of 500s to kick off the meet. The full meet schedule will be published in the next *Update*.

Meet registration closing quickly for some meets

The following meets have imminent registration deadlines. Anyone interested in attending the meets below must register immediately either through the club website or by calling Saluki HQ (618-457-1103). Don't wait on this. We expect that our entry for these meets will be finalized and submitted by this Wednesday (07-Nov).

- 1. Winter Division 1 (30 November-02 December).** Held at the St. Peter's Rec-Plex. This is an all star selection meet. It is the last opportunity to improve times prior to the all star selection deadline. Gold times are required.
- 2. Swim Your Own Age (09 December).** An excellent 1-day competition for swimmers 14 years and younger. Swimmers are grouped into 1 year age divisions. Held at the recently opened Center of Clayton recreation complex.
- 3. Turkey Trot and Carbondale 500 (16-18 November).** The absolute last day to register for our own November meet is Tuesday, 06 November.

Where to find meet information

The names of all swimmers who register for a particular meet are posted on the meet information page at the website. All meet information (except results) is linked to the calendar. By clicking on the meet name you can see who else is registered for a meet along with the warm up and start times if we have them. Once a meet is entered the registration list is removed and the team entry is posted.

Meet results are posted in the Archive where they will remain for at least 2 years before they are removed.

Travel information is also available on the website. For most places we travel to for meets there are directions and a list of hotels.

Bloomington meet replaced with Memphis

Our plan to offer a team trip meet to Bloomington, Indiana in December has been changed. The format we were expecting at the Bloomington Invitational is different from what is actually being offered. The change in format makes the meet unsuitable for a team trip.

We still want to offer a team trip for the swimmers in Group 4 and 5 and have added a prelim/final meet in Memphis on 01-03 February. All swimmers in Group 4 and 5 are encouraged to sign up for the Memphis meet.

important dates

Gator Iron Swimmer Distance meet – ENTERED

13 Saluki are entered in this meet. Info and start times are available at Swimsaluki.com. 12 & under swimmers compete on Saturday and 13 & over swimmers compete on Sunday.

10-11 November—Cape Girardeau, MO

Saluki Turkey Trot and Carbondale 500 – REGISTER!

The entry cutoff is imminent! Saluki who are not already registered for this meet have until Tuesday, 6 November to do so. After that date it will be difficult, if not impossible, to get into the meet.

16-18 November—Shea Natatorium, Carbondale, IL

Winter Division 1 Championship – REGISTER!

Gold times required. Registration is due now.

30 November-02 December—St. Peters, MO

Swim Your Own Age – REGISTER!

14 & under competition. Swimmers are grouped in 1 year increments instead of the traditional 2 years. Registration is due now. If you want to go and are not registered do it immediately. DON'T WAIT.

09 December—Center of Clayton, Clayton, MO

Paducah Swimfest – ENTERED

This 25 metre competition is a popular one with younger swimmers. 16 Saluki are entered.

04-06 January—Paducah, KY

Ozark Senior Championship

A good opportunity for swimmers to compete in a short senior level meet. Saluki will be taking swimmers 11 years old or older who have an 11-12 gold time.

11-13 January—Clayton, MO

Nike Midwest All-Star meet

This 14 & under meet is an Ozark team competition. 8 girls and 8 boys are selected for each age group (10 & under, 11-12, 13-14). Anyone interested in applying for a spot on the team can get an application from the Ozark Swimming website (www.ozarkswimming.org).

19-20 January—Lawrence, KS

Memphis Tiger Invitational – JUST ADDED!

We are replacing the Bloomington team trip with this meet. It is a prelim/final competition and more suitable to our team trip requirements.

01-03 February—Memphis, TN

Great Times Invitational

One of the few "all hands on deck" meets left until the end of the season. Open to all Saluki swimmers.

08-10 February—Cape Girardeau, MO

Senior meet

Another opportunity for Group 3, 4 and 5 swimmers to participate in a senior level competition.

15-17 February—site TBA

Ozark Division 2 championship

For swimmers in Group 2, 3 and 4 without a gold time. Ozark silver level times required.

23-24 February—site TBA

Central Zone Sectional Championship

The Grand Poobah of regional championship meets. Senior level, qualifying times required.

28 February-03 March—Lawrence, KS



12 November 2001

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Next publication date: 26-Nov-01

Practice changes

Thursday, 15-Nov – POSSIBLE changes at the SRC. Watch the website.

Friday, 16-Nov – No practice for any group due to the Turkey Trot swim meet.

Saturday, 17-Nov – No practices due to the Turkey Trot meet.

Thanksgiving Break – No practice on Thursday, Friday or Saturday over the Thanksgiving weekend.

Parent Work Requirement for Turkey Trot

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Please contact Lyle White (618-985-2035, lwhite@siu.edu) and let him know when you can work.

"If it wasn't hard, we wouldn't bother doing it!"

Saluki Update

Carbondale 500 and Turkey Trot Swim Meet 16-18 November 2001

The final tally of swimmers attending the annual Turkey Trot meet stands at 515 or about 30 more swimmers than attended last year. This means that the Shea Natatorium at the SIU Student Recreation Center will be a hopping place this weekend.

Friday—The Carbondale 500

Things get underway on Friday afternoon with the popular Carbondale 500. Approximately 30 heats of the 500 will be swum this year. This is the single largest 500 yard freestyle event in the world (maybe).

Saturday and Sunday

The meet in full starts on Saturday morning and runs through Sunday afternoon. 12 & under swimmers compete in the morning on both days while those 13 & over compete in the afternoon.

Schedule

Here is the full schedule that Saluki swimmers will follow:

Friday: Warm-up: 4:30p, Meet starts: 5:30p

Saturday and Sunday AM: Warm-up: 7:00a, Meet starts: 8:00a. All 12 & under swimmers compete in the morning sessions.

Saturday and Sunday PM: Warm-up: 12:30p, Meet starts: 1:30p. All 13 & over swimmers compete in the afternoon sessions.

It is very important that swimmers arrive at the pool **before** warm ups are scheduled to begin. The time listed for warm-up is the time that we expect swimmers to be on deck with the coaches and ready to begin.

Especially for new families

If you've never been to a USA Swimming meet before there are a few things you should know.

1. Parents are not allowed on the pool deck unless they are working so swimmers should sit with the rest of their teammates in the team area.
2. Swimmers check-in upon arrival at the pool. If you don't know what this means the coaches will help. Swimmers should always report to the coaches when they arrive at a meet anyway.
3. Relays are important team events that are held at the end of each session. Swimmers should always check with coaches to see if they are on a relay. Under no circumstances should a swimmer leave the pool area until he knows if he is on a relay or not.
4. **Please pay attention to the Parent Work Requirement.** Everyone in the club benefits from these meets whether they participate as athletes or not. The meets offer solid financial reinforcement to our budget and allow us to keep training fees under control. Help from all parents is needed to run the meets we host.



The science of checking in at swimming meets

All of the meets we host and most of those that we attend are deck seeded and require swimmers to check-in with the Clerk-of-Course when they arrive at the pool. The purpose of this is to eliminate swimmers who have entered the meet but, for whatever reason, are not able to attend. Taking missing swimmers out of the meet prior to seeding the events makes events run quicker because there are fewer empty lanes.

For new families this means that swimmers need to check-in prior to warming up. If swimmers arrive at the pool at the "meet start time" they will be greatly disappointed and may miss some of their events because the check-in period is over by then.

To check in

Upon arrival at the pool, swimmers go to the clerk-of-course area and cross their names off a list. This indicates that they are at the meet. Obviously, swimmers who are not there cannot cross off their name. When check-in closes the clerk takes the list of swimmers away and starts seeding events. Swimmers not crossed off are scratched from that sessions events and do not receive start positions *i.e.* heats and lanes.

Arrive on time for warm up

The check-in period closes at least 15 minutes prior to the start of the meet. Swimmers who arrive at the pool as the meet is beginning stand a good chance of missing some or all of their events that day.

The best way to make sure the check-in process is completed properly is to arrive prior to the warm-up session. Coaches will query swimmers about check-in and show them how to do it if necessary. Once warm-up is underway coaches have other responsibilities.

So fast...

...Pieces fall off!

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14 Observation Day at Pulliam	15	16 No PM practice for any group.	17
					Carbondale 500 and Turkey Trot Swim Meet	
18	19 NO AM practice	20	21 Observation Day at Pulliam	22 Thanksgiving	23	24
Turkey Trot Swim Meet				Thanksgiving break — No practices for any group		

Important Dates

Saluki Turkey Trot and Carbondale 500 – ENTERED

Over 500 swimmers from all over the Midwest are coming to Carbondale!

16-18 November—Shea Natatorium, Carbondale, IL

Winter Division 1 Championship – ENTERED

Gold times required.

30 November-02 December—St. Peters, MO

Swim Your Own Age – ENTERED

14 & under competition. Swimmers are grouped in 1 year increments instead of the traditional 2 years. 10 Saluki are entered.

09 December—Center of Clayton, Clayton, MO

Paducah Swimfest – ENTERED

This 25 metre competition is a popular one with younger swimmers. 16 Saluki are entered.

04-06 January—Paducah, KY

Ozark Senior Championship

A good opportunity for swimmers to compete in a short senior level meet. Saluki will be taking swimmers 11 years old or older who have an 11-12 gold time.

11-13 January—Clayton, MO

Nike Midwest All-Star meet

This 14 & under meet is an Ozark team competition. 8 girls and 8 boys are selected for each age group (10 & under, 11-12, 13-14). Anyone interested in applying for a spot on the team can get an application from the Ozark Swimming website (www.ozarkswimming.org).

19-20 January—Lawrence, KS

Memphis Tiger Invitational – JUST ADDED!

We are replacing the Bloomington team trip with this meet. It is a prelim/final competition and more suitable to our team trip requirements.

01-03 February—Memphis, TN

Great Times Invitational

One of the few "all hands on deck" meets left until the end of the season. Open to all Saluki swimmers.

08-10 February—Cape Girardeau, MO

Senior meet

Another opportunity for Group 3, 4 and 5 swimmers to participate in a senior level competition.

15-17 February—site TBA



26 November 2001

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Next publication date: 03-Dec-01

Practice changes

Friday, 30-Nov – No practice for SRC PM groups due to the Winter D1 meet.

Saturday, 01-Dec – No practices.

Monday, 03-Dec – No AM practice

T-shirts still available

If you want one of the “So fast...Pieces fall off!” long-sleeve, t-shirts then contact your coach.

Polo shirts can still be ordered

The deadline for ordering the Saluki polo shirt has been extended to 30 November. The order form was included in the latest ‘hard copy’ of the Tut File.

If you want one of these shirts be sure to mail the form to the address listed at the bottom of the form. **Do not send it to Saluki HQ** as this will only delay your order.

“If it wasn’t hard, we wouldn’t bother doing it!”

Saluki Update



Turkey Trot ‘best ever’ according to IOC president

Juan Antonio Samaranch, president of the International Olympic Committee, recently declared the 21st annual Saluki Turkey Trot as the ‘best ever held’ and encouraged athletes from all over the world to meet in Carbondale at the next staging of the meet in November 2002.

Saluki had 55 swimmers compete in the meet held last week at the Edward Shea Natatorium. For many Saluki it was their first taste of a big time USA swimming competition. For others it was a chance to swim against some top competition from all over the region and turn in some top times. A special *Thank you!* goes out to all the Saluki parents who helped run the meet successfully.

Shopping at Amazon.com earns money for Saluki



The Christmas season is fast approaching and if you shop at Amazon.com please click through to Amazon from one of the banner ads on the Saluki website. Saluki is an Amazon affiliate and we use the revenue from this program to help pay the cost of our Internet operations.

Fall session ends on 21 December

The Fall session officially ends on Friday, 21 December and the Winter session begins on Wednesday, 2 January. For Groups 3, 4 and 5 there will be some training sessions offered during this period but the schedule and location is not yet available. The Jedi and Group 2 squads resume training at Pulliam on 2 January.

The beginning of the Winter session will have all swimmers training at Pulliam for the first week or two since we will be operating with a reduced coaching staff. Also, families who are not going to be swimming in the Winter session should let Saluki HQ know as soon as possible so that they are not billed.

T-30 scheduled for Saturday, 8 December for Group 3 swimmers

Mark your calendars! Another chance to swim a T-30 test in optimal conditions is being offered to Group 3 swimmers on Saturday, 8 December at the SRC pool. The test will be performed during the regular Saturday morning practice session between 10:00 and 12:00 noon. Swimmers who want to do the test must be at the SRC at 10:00a so a coach can admit them to the building.

Sign-up for the Ozark All-Star team

The 2002 Midwest All-Star meet will be held in Lawrence, Kansas on 19-20 January. This is an Ozark team competition and swimmers wishing to be on the team must apply. There are three age groups, 10 & under, 11-12 and 13-14. 8 girls and 8 boys are selected in each age group. So far no Saluki swimmers have applied although some would surely be selected if they did. Full information and application forms are available from the Ozark Swimming website which can be found at (www.ozarkswimming.org) or you can link to it by clicking ‘Ozark’ from the home page at the Saluki website.

“Hey Mom! I’m disqualified!”

It is almost inevitable that swimmers will be disqualified from something at some point in their swimming life. Most disqualifications happen to new swimmers and, as such, are for simple yet major errors in technique.

To be ‘disqualified’ from a race simply means that a swimmer committed some infraction of the technical rules for a particular race and that his time will not be considered as part of the results. That’s all. There is no public execution or large fine—it does not go on the swimmer’s permanent record. The DQ reminds the swimmer that the details of what the coach talks about at practice are important and it tells the coach that more attention must be paid to the skill the swimmer got disqualified for.

Usually when a swimmer is disqualified the official who notices the infraction raises his hand to indicate the disqualification to other officials. When the swimmer finishes the race one of the judges tells the swimmer of the disqualification and explains why it happened. If the host club is using DQ slips the swimmer has something to bring over to his coach so that the coach will also know what happened and why. Note that this is what *usually* happens it is not what has to happen. A disqualification can still occur without anyone raising a hand or saying a word to the swimmer after the race.

What do do

How should a parent react to a DQ? Not at all. It’s a matter between the swimmer, coach, and, if the coach suspects a mistake has been made, the referee. If your child tells you he is DQ’ed ask if he has told the coach (many young swimmers never make it to the coach after a race so it’s important to find this out). If he has told the coach then the issue is closed. Encourage him to prepare for his next race. If he hasn’t told the coach then send him over to the coach immediately. If you want to discuss the DQ or understand it better then do it with the coach later on.

A DQ in an age group meet is not a big deal and does not require parental intervention to ‘straighten things out.’ It is not an attack on your child and it is not the result of a conspiracy by judges to hamper your teams efforts in a meet. Don’t react to a DQ as if these things are true because this attitude will be mirrored by your child. This will sour every meet experience they have in future. Most of all remember: If a child is disqualified it is a result of something he did, not something the official, the coach, or anyone else did.

Important Dates

Winter Division 1 – ENTERED

Gold times required.

30 November-02 December—St. Peters, MO

Swim Your Own Age – ENTERED

14 & under competition. Swimmers are grouped in 1 year increments instead of the traditional 2 years. 10 Saluki are entered.

09 December—Center of Clayton, Clayton, MO

Paducah Swimfest – ENTERED

This 25 metre competition is a popular one with younger swimmers. 16 Saluki are entered.

04-06 January—Paducah, KY

Ozark Senior Championship

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11-13 January—Clayton, MO

Nike Midwest All-Star meet

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19-20 January—Lawrence, KS

Memphis Tiger Invitational

We are replacing the Bloomington team trip with this meet. It is a prelim/final competition and more suitable to our team trip requirements.

01-03 February—Memphis, TN

Great Times Invitational

One of the few “all hands on deck” meets left until the end of the season. Open to all Saluki swimmers.

08-10 February—Cape Girardeau, MO

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
25	26	27	28 Observation Day at Pulliam	29	30 No PM practice for SRC groups	December 1 No practices	
		Winter Division 1 meet					
2	3 No AM practice	4	5	6	7	8	
Winter D1	Observation Week at Pulliam						



10 December 2001

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Next publication date: 24-Dec-01

Practice changes

Friday, 21-Dec – Awards for the various groups will be given out at the end of each practice session. The normal schedule will be followed.

NOTE: Beginning with the Winter session Group 2 swimmers will only be offered 1 workout from 5:00-6:00p. The 6:00-7:00p workout time will be eliminated for that group.

Don't forget

Everytime you click through to the *Amazon.com* site from the Saluki website and purchase something Saluki receives a percentage of the sale. We use the money raised this way to help defray our Internet expenses.



"If it wasn't hard, we wouldn't bother doing it!"

Saluki Update

Fall awards day set for 21 December

The last day of the Fall session will be Awards Day at Pulliam pool. This is the day when we distribute awards from the meets that we attended during the Fall session. It's also a time to recognize a job well done by those swimmers who are still working on refining all their skills. Awards will be distributed at the end of each practice session. We will be following the normal practice schedule.

New Saluki evaluation session to be held on Wednesday, 19 December

Swimmers who were waiting for the new year to begin before joining Saluki can attend an evaluation session on Wednesday, 19 December at Pulliam pool. Swimmers should bring their swim suits so that coaches can evaluate skills and assign the children to a training group. Parents will be able to pick up all paperwork involved in joining the club and ask any questions of the coaching staff and Board members present.

We will also be holding an evaluation day or two early in the new session. These will be announced in a later *Update*.

Kolar qualifies for Central Zone Sectional!

12-year-old Lindsey Kolar qualified for the Central Zone Sectional Championship recently in the 100 yard breaststroke. Swimming in the final of the 11-12 girls event at the recent Winter Division 1 meet in St. Peters, Missouri, Kolar turned in a 1:11.67. The time qualifies her for her first senior level championship and also betters her own club record in the event.

Team trips planned for older swimmers

Beginning in 2002 we will be offering team trips to selected meets for older swimmers. The purpose of these trips is to allow swimmers to attend meets when parents are unable to. We also want to develop more of a team atmosphere amongst the older swimmers who are now spread out in three different training groups.

Two meets are presently being planned as team travel meets:

- **Ozark Senior championship** (Chesterfield, Missouri, 11-13 January) For swimmers 11 years old and up who have achieved an Ozark 11-12 gold time in the events they want to swim. The 11-12 gold time is a qualification standard that applies to all swimmers regardless of age. The meet is run in a senior format *i.e.* no age groups.
- **Memphis Tiger Invitational** (Memphis, Tennessee, 1-3 February) Swimmers 11 years old and older are invited to attend. This is a prelim/final competition.

The cost of the trip will be shared equally among those attending. Costs will include van rental and hotel expenses. Swimmers are responsible for their own food expenses during the trip.



The hierarchy of meets

While the schedule of in-season meets may occasionally seem to lack coherence the end-of-season series of meets is designed with laser-like precision. Parents and swimmers should understand what these meets are and their relationship to each another.

Age Group Meets

- **Division 2** — For Ozark swimmers who do not yet have “Gold” level times. Swimmers may swim in any events in which they have achieved a Silver time.
- **Division 1** — For 14 & under swimmers who have achieved a Gold level time. Possibly the single most popular Ozark meet.
- **Zone Championship** — For swimmers who have achieved a ‘AAA’ time standard. The “Zone Team” is selected by Ozark. In our Zone (Central) the meet is held in the summer and uses a long course (50m) format.

Senior meets

- **USA Sectional** — The first level of senior championships that a swimmer reaches is the Sectional (formerly known, and still fondly referred to, as *Regions*). The Central Zone Sectional attracts swimmers from Arkansas, Missouri, Kansas, Nebraska, Oklahoma and Illinois for one very fast meet.
- **US Open** — Faster than Sectionals and a good stepping stone to Nationals. The US Open is usually held in-season. Top swimmers from all over the world compete to see where they stand against those they will be competing with at the end of the season.
- **USA Nationals** — The highest level of competition offered within the United States. This is where the best swimmers from all around the country meet to test their skills with the rest of the best. Many foreign athletes also attend the US Nationals.

Unlike other meets on our calendar we closely track who is qualified for what championship. The website has (or soon will have) a list of swimmers and the meets and events they are qualified to enter. Beginning in January this list is updated following each meet.

Fall session ends on 21 December

The last day of practice for the Fall session is Friday, 21 December. The Winter session gets underway on Wednesday, 2 January. There will be a limited practice schedule for Groups 3, 4 and 5 during the Christmas week break. Training will be at the Life Community Center and the schedule will be published in the next *Update*.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Clayton SYOA	10	11	12 Observation Day at Pulliam	13	14	15
16	17	18	19	20	21 Pulliam awards day. Last day of Fall session.	22 No practices

Important Dates

Paducah Swimfest – ENTERED

This 25 metre competition is a popular one with younger swimmers. 16 Saluki are entered.

04-06 January—Paducah, KY

Ozark Senior Championship

A good opportunity for swimmers to compete in a short, senior level meet. Saluki will be taking swimmers 11 years old or older who have an Ozark 11-12 gold time. A *team trip* designated meet.

11-13 January—Clayton, MO

Midwest All-Star championship

This 14 & under meet is an Ozark team competition. 8 girls and 8 boys are selected for each age group (10 & under, 11-12, 13-14).

19-20 January—Lawrence, KS

Memphis Tiger Invitational

Prelim/final competition and a *team trip* designated meet.

01-03 February—Memphis, TN

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One of the few “all hands on deck” meets left until the end of the season. Open to all Saluki swimmers.

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Senior meet

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15-17 February—site TBA

Ozark Division 2 championship

For 14 & under swimmers without a gold time. Ozark silver level times required.

23-24 February—site TBA

Central Zone Sectional Championship

The Grand Poobah of regional championship meets. Senior level, qualifying times required.

28 February-03 March—Lawrence, KS



24 December 2001

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Next publication date: 07-Jan-02

Practice changes

There are many practice changes over the next few weeks. Please read the schedules on the right and watch the Saluki website for daily changes.

NOTE: The previously announced plan to discontinue the 6:00p practice session for Group 2 swimmers has been scrapped. After discussing this with several families we believe it would be ill-advised to make this change in mid-season. If this is still an issue for the 2002-03 season we will implement this change in September 2002.

24-26-Dec—No practices.

01-Jan—No practices.

04-05-Jan—No practices due to Swimfest.

11-12-Jan—No practices due to Midwest All-Star meet.



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Saluki Update

Holiday practice schedule

Every year during the Christmas holidays our practice schedule as adjusted to accommodate staff shortages and pool closings. Please read the following schedules carefully. Swimmers who show up at the pools at the wrong times will not be able to practice.

Changes during Christmas week

The Fall session ended on Friday and the Winter session will not start until 2 January. Between now and then we have arranged for a limited amount of practice time at the Carbondale Life Community Center on Sunset Drive for Groups 2, 3, 4 and 5. Here is the schedule of practices at the Life Center:

- Group 2 will meet at the Life Center on 28 and 31 December from 12:00-1:00p.
- Groups 3, 4 and 5 will meet on 27 December from 11:30-1:00p and on 28 and 31 December from 12:00-2:00p.
- There is no practice for the Jedi until we resume training at Pulliam on 2 January.

Practice changes for 2-11 January

At the beginning of the new Winter season there will be significant but temporary changes to the normal practice schedule. These changes are due to a staff shortage until 14 January.

When the new session begins on Wednesday, 2 January all groups will be practicing at Pulliam. **Because of this the Jedi and Group 2 will practice only at 5:00p.** The 6:00p practice session for these two groups will not resume until the regular practice schedule takes effect on 14 January. Here is the schedule for each group (all practice groups meet Monday through Friday):

- Jedi— 5:00-5:45p
- Group 2—5:00-6:00p
- Group 3—6:00-7:30p
- Group 4—6:00-7:30p
- Group 5—6:00-7:30p



Normal practice schedule (effective 14 January 2002)

This is our normal practice schedule.

Jedi	5:00-5:45p 6:00-6:45p	MTuWThF	Pulliam
Group 2	5:00-6:00p 6:00-7:00p	MTuWThF	Pulliam
Group 3	6:00-7:30p 10:00-12:00p	MTuWThF Sa	Pulliam SRC
Group 4	5:30-7:00p 10:00-12:00p	MTuWThF Sa	SRC SRC
Group 5	4:30-6:15p 5:30-7:00a 10:00-12:00p	MTuWThF MWF Sa	SRC SRC SRC

Team trips planned

Beginning in 2002 we are reinstating team trips to some of the meets we attend. So far there are two trips in the planning stages. The first is to the **Ozark Senior Championship** being held in Chesterfield, Missouri from 11-13 January. The second meet is the **Memphis Invitational** at University of Memphis from 1-3 February.

Chaperone needed

We need a female parent chaperone to travel with the team on both of these trips (not necessarily the same person). Benefits include free transport and lodging, scintillating adult conversation and all the special perks that usually go along with attending swim meets (up before the crack of dawn..you know, that kind of thing). We're sure that once you travel with the team you'll never want to go by yourself again!

For the Ozark Senior Championship we will be leaving Carbondale at around 1:30p on Friday, 11 January and returning late Sunday afternoon. For the Memphis meet we will leave Carbondale around 11:00a on Friday 1 February and return following finals on Sunday.

Save money while having a good time

Team travel meets are a good team building experience and a great way to save money. Expenses for transport and lodging are shared by those attending the meet. Families will be billed for these amounts in the next billing cycle. Food money is all a swimmer needs to bring with him.

New swimmer registration set for 09 January

We have set another new swimmer registration day at Pulliam for those that were bogged down in holiday activities on 19 December. The next registration day is scheduled for Wednesday, 9 January. The session will begin at Pulliam pool at 5:00p. New swimmers should bring their swim suit so a coach can evaluate their swimming skills. Children must be at least 6 years old and be accompanied by a parent.

Not swimming in the Winter session?

Anyone who is not swimming in the Winter session is asked to let one of the coaches know so that you are not billed for the new session. The sooner we know this the more accurate we can keep the billing records.

If you're taking the Winter session off and planning on resuming in the Spring then mark 18 March on your calendar. That's when the Spring session gets underway.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	No practices			LIFE CENTER: Groups 3, 4, 5 11:30-1:00p	LIFE CENTER: Group 2 12:00-1:00p Groups 3, 4, 5: 12:00-2:00p	No practices
30	31	1	2	3	4	5
	LIFE CENTER: Group 2 12:00-1:00p Groups 3, 4, 5: 12:00-2:00p		Practice resumes at Pulliam for all groups. See schedule on page 1		No practices	No practices
					Paducah Swimfest	

Important Dates

Paducah Swimfest

This 25 metre competition is a popular one with younger swimmers. 16 Saluki are entered.

04-06 January—Paducah, KY

Ozark Senior Championship

A good opportunity for swimmers to compete in a short, senior level meet. Saluki will be taking swimmers 11 years old or older who have an Ozark 11-12 gold time. A *team trip* designated meet. **Immediate registration required.**

11-13 January—Clayton, MO

Midwest All-Star championship

This 14 & under meet is an Ozark team competition. 8 girls and 8 boys are selected for each age group (10 & under, 11-12, 13-14).

19-20 January—Lawrence, KS

Memphis Tiger Invitational

Prelim/final competition and a *team trip* designated meet. **Immediate registration required.**

01-03 February—Memphis, TN

Great Times Invitational

One of the few "all hands on deck" meets left until the end of the season. Open to all Saluki swimmers.

08-10 February—Cape Girardeau, MO

Senior meet

Another opportunity for Group 3, 4 and 5 swimmers to participate in a senior level competition.

15-17 February—site TBA

Ozark Division 2 championship

For 14 & under swimmers without a gold time. Ozark silver level times required.

23-24 February—site TBA

Central Zone Sectional Championship

The Grand Poobah of regional championship meets. Senior level, qualifying times required.

28 February-03 March—Lawrence, KS