

Saluki Swim Club

Saluki Swim Club, Inc.
P.O. Box 3293
Carbondale, Illinois 62902
☎ 618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com

Next publication date: 27-Jan-03

Practice changes

- 13 January: All groups at Pulliam
- 18 January: No practices.
- 20 January: No practice for Pulliam groups.



You need 'em... We've got 'em!
T-shirts—Caps—Silicone Caps
On the Saluki website

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

Saluki Update 30

Missouri Valley Swimming and Diving Championship at SIU from 20-22 February

The final Missouri Valley Swimming and Diving Championship will be held at the Shea Natatorium from 20 to 22 February. This meet is always an exciting competition with some top college athletes competing for end-of-season honors for their respective teams.

The meet is also a unique fund-raiser for the Saluki Swim Club because we provide timers, electronics operators and various officials for the meet. A worker sign-up form is available on the team website and you will find a link to it on the calendar page. Please try to be generous with your time.

Other SIU meets at Shea

If you want to catch the SIU teams in action before the MVC meet they will be at home over the next two weekends. This is a great opportunity to see a top notch collegiate team perform in exciting dual meet matches. The meets are against Western Kentucky on the 18th and Southwest Missouri on the 25th.

"Yearbook" project underway

Normally we are busy generating good ideas at Saluki HQ but occasionally one just shows up. We have no real club historian but we do have a wealth of archived information that we think might be interesting or valuable to Saluki families. The gurus at HQ are putting together a yearbook that will include a complete set of the *Saluki Update* for 2002 and a comprehensive listing of meet results for the year. The *Update* portion of the book is easy. Right now we're looking for an efficient way to compile meet results.

Equipment fees have not been charged yet

Equipment fees for the Winter session will be added to the bills of all current families in the next bill (around 20 January). The amount to be charged for the winter is \$15 *per family*, not per swimmer. The equipment fee is calculated at a rate of \$5/month and charged each session. Since there are three months in the Winter session the fee is \$15. Please note that all charges for the Winter session are due by 1 February.

Registration for remaining meets

If you're planning on going to the Tri-State Invitational or the Ozark Division 2 meets then it's time to register.

Tri-State Invitational, 25 January, Centralia, Illinois. This is a 1-day competition with the Gators and the Barracudas. We hope to make this a team event so everyone is encouraged to attend. Age groups: 8 & under, 9-10, 11-12, 13-14 and Open.

Ozark Division 2 Qualifier, 15-16 February, Chesterfield, Missouri. This is an Ozark sponsored "last chance" to get a Q-time for the Ozark Championship in March. The meet is held at the Marquette High School. Directions are available on the website. Age groups: 10 & under, 11-12, 13-14 and 15 & over. **The deadline to register for the D2 meet is 28 January.**

These are the last regular season meets prior to the Speedo and Ozark championship meets. Don't miss out. Register now!

➤ www.swimsaluki.com

Eat, Drink, and be FAST!

William J Price
Saluki Head Coach

It's almost impossible to open a sport or fitness magazine lately without running into a discussion about diet and nutrition. One of the most overlooked aspects of nutrition though is not what to eat but rather when. In the short run the when of eating has a much more profound effect on performance than what you eat. And in a very pragmatic sense the best diet on earth will not aid performance on the day of competition unless you eat it at the proper time.

This is very important in the morning. When a swimmer rolls out of bed and heads to the pool for prelims the last time he ate was, most likely, 8 to 12 hours ago. His metabolic rate is at it's lowest ebb of the day. Something is needed to give it a "jump start" if he is going to warm up successfully and perform well in the prelim session. But at the same time many people, teenagers especially, don't "feel" like eating when they get up. Well, too bad. Preparing to swim well in the morning starts before the athlete gets to the pool. A small meal taken upon rising will get the ball rolling, so to speak.

Another aspect of good pre-event nutrition is hydration. The key here (pardon the scientific term) is Drink...Drink a lot! I hope this is not news to anyone. Hydration should be a constant activity—as common as breathing. This is especially true for swimmers who have to spend time in hotels or planes. Both are diabolically dehydrating places. Simply knowing this though should be your cue to increase your fluid intake while traveling. Get a water bottle and use it.

Think about pre-event nutrition, make it a habit. You have to work at this because the nutritional aspects of a performance have a limited window of time when effective action can be taken. Miss that window and you'll just have to take your chances. Prelim swims performed on an empty stomach are flat (and usually slow). At mild levels, dehydration has the same effect. Proper attention to these factors allows the athlete to take advantage of the hard work they put in to get to the meet.

Metabolic levels and proper eating and drinking habits are all part of the 'Q' which will be discussed in detail in a later article.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 SWIMFEST	13 All groups at Pulliam	14	15	16	17 MIDWEST ALL STAR MEET	18 No practices Western Kentucky at SIU
19 ALL STARS	20 No Pulliam practices	21	22	23	24	25 No practices Southwest Missouri at SIU TRI-STATE MEET

13 January 2003

Important Dates

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

Midwest All-Stars

An Ozark team travel meet. Athletes have been selected and are listed on the Ozark website.

17-19 January—Lawrence, KS

Tri-State Championship

The culminating meet for our dual meet "league". For all swimmers. **Register now!**

25 January—Centralia, IL

Gabrielle Rose Classic

Team travel event for groups 4 and 5. Already entered.

31 Jan-02 Feb—Memphis, TN

Great Times Invitational

We're looking for full team participation in this last major invitational prior to the Ozark championship. Already entered.

07-09 February—Cape Girardeau, MO

Ozark Division 2 Qualifier

Absolute last chance to go for the Ozark "Gold" times needed for the Ozark Championship. **Deadline to register is 28 January.**

15-16 February—Chesterfield, MO

Missouri Valley Championship

This is an NCAA championship run at the Shea Natatorium that the club uses as a fund-raiser. We provide timers and several other key meet personnel.

20-22 February—Shea Natatorium

Speedo Championship Series

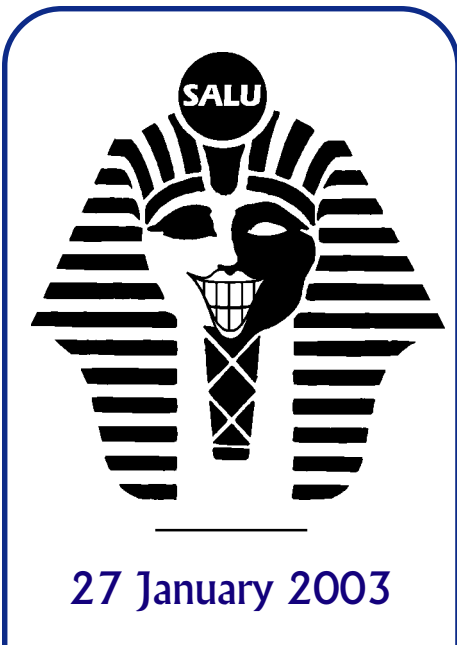
Senior level championship competition. For any swimmer (12 years+) who qualifies.

06-09 March—St. Peters, MO

Ozark Championship

The "Big Kahuna" of meets for Ozark age groupers.

21-23 March—St. Peters, MO



“If it wasn’t hard, we wouldn’t bother doing it!” Saluki Update 31

USA Swimming adds nutrition information to website

Saluki HQ occasionally fields questions from parents or swimmers concerning nutrition. USA Swimming recently added an 8-part nutrition “course” to the national website. Most of the information is common sense advice on how to fuel and hydrate properly. The best part of the course though is that it is presented for athletes and in one location. There is a link to this course in the archive of the Saluki website. Check it out!

Tri-State Invitational

Last Saturday the Barracuda, Gator and Saluki clubs all met in Centralia for the culminating meet of the newly formed Tri-State Swim League. The purpose of the league was to make it easier for each team to set up and schedule dual meets throughout the season. Results are available at the website.

We like these meets for several reasons:

- ▶ Team aspects of competition are highlighted. Every swim counts and we get to swim more relays in dual meets than in any other kind of meet.
- ▶ Young and newer athletes learn how swim meets are actually run. Most people don’t usually think about this but it’s truly valuable information and something that must be learned sooner or later. Having a good number of swimmers at a meet who actually know what is going on reduces the “questions for coaches” from the usual 15,000+ to well under 1000. (please see page 2 for more about this)
- ▶ Dual meets are only several hours long so swimmers get a chance to get up and race without hours of travel and hotel bills to pay.

When the league was first discussed the Paducah Marlins were also invited to join but they were unable to this year. We’re hoping that in the 2003-04 season they will be able to participate. This will give us 3 dual meets next season along with the Tri-State meet.

Remaining meets

Over the next few weeks we will be gearing up for the last meets of the season. All regular season meets have been entered. Athletes can still register for these championship meets however:

- ▶ **Division 2 qualifier**, Chesterfield, Missouri, 15-16 February. Held at the Marquette High School. This is the last chance to qualify for the Ozark Championship. It is open to all Saluki who do not have Ozark “gold” times. Swimmers with gold times in some events can only enter events where they do not have the gold time.
- ▶ **Speedo Championship Series**, St. Peters, Missouri, 6-9 March. Held at the St. Peters Rec-Plex pool. This is a senior level meet. Currently Saluki has only 2 qualified swimmers. Check out the Q-times at the Saluki website.
- ▶ **Ozark Championship**, St. Peters, Missouri, 21-23 March. This meet is also held at the St. Peters Rex-Plex. Gold times are required. Swimmers may swim up to 7 events in this meet provided they have qualifying times (Ozark gold) in each of them.

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Next publication date: 10-Feb-03

Practice changes

- ▶ **31 January:** No SRC practices
- ▶ **1 February:** No practices
- ▶ **7 February:** No SRC practices
- ▶ **8 February:** No practices

Note: All of these cancellations are meet related. On days when there are no SRC practices group 4 and 5 swimmers should attend the Pulliam workout at 6:00p.



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Athletes need to be self-sufficient

by William J Price
Saluki Head Coach

Over the course of my coaching career I have developed a phrase for skills that swimmers have to know—things I should not have to tell them. I call these *zero-skills* because we should be spending zero time on them at practice. For younger swimmers the list of zero-skills is short. At practice almost everything they do represents some kind of challenge. But as athletes spend more time on the team and gain more experience in competition the list of zero-skills becomes longer.

Zero-skills for young athletes might include remembering to put goggles in their swim bag everyday or knowing how to put on their own swim cap before practice. For older swimmers the list might include touching with 2 hands on turns and breathing every other stroke in the butterfly, or bringing a water bottle to every practice. The best way to understand what zero-skills are is to think of them as the starting point for further improvement. The coach who has to stop and remind swimmers of zero-skills is not teaching anything new. The swimmer who is not performing zero-skills properly is not learning anything new.

Our website has an article by John Leonard, the executive director of the American Swimming Coaches Association, that discusses the qualities of courage and strength. Leonard's main point is that young athletes have to be put in situations where they are able to practice being courageous and strong. Sport is an excellent training ground for these qualities. Before athletes can practice being courageous though they have to master being competent and effective.

All swimmers need to be able to demonstrate a competence at knowing how a swim meet works. At almost every meet lineups and heat sheets are posted somewhere. Swimmers need to check this information and find out what and when they are swimming. When parents do this for children it effectively postpones the learning process and the swimmer remains incompetent in these skills. Swimmers cannot effectively participate in the meet if they don't know what's going on.

Coaches are ready to assist swimmers in finding out what they need to know but our focus is on the *process of getting the information* not the information itself. Knowing how to do it is far more important in an educational sense than simply telling a swimmer what they want to know. Parents should follow this same practice. Help your child learn what they need to know. Don't just tell them.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31 No SRC practices	1 No practices
					MEMPHIS INVITATIONAL	
2	3	4	5	6	7 No SRC practices	8 No practices
MEMPHIS					GATOR GREAT TIMES	

27 January 2003

Important Dates

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

Gabrielle Rose Classic

Team travel event for groups 4 and 5. *Already entered.*

31 Jan-02 Feb—Memphis, TN

Great Times Invitational

We're looking for full team participation in this last major invitational prior to the Ozark championship. *Already entered.*

07-09 February—Cape Girardeau, MO

Ozark Division 2 Qualifier

Absolute last chance to go for the Ozark "Gold" times needed for the Ozark Championship. **Deadline to register is 28 January.**

15-16 February—Chesterfield, MO

Missouri Valley Championship

This NCAA championship is run at the Shea Natatorium and the club uses it as a fund-raiser. We provide timers and several other key meet personnel.

20-22 February—Shea Natatorium

Speedo Championship Series

Senior level championship competition. For any swimmer (12 years+) who qualifies.

06-09 March—St. Peters, MO

Ozark Championship

The "Big Kahuna" of meets for Ozark age groupers. Check the Statistics section on the website to see if you qualify *then register!*

21-23 March—St. Peters, MO

Gator Invitational (50m)

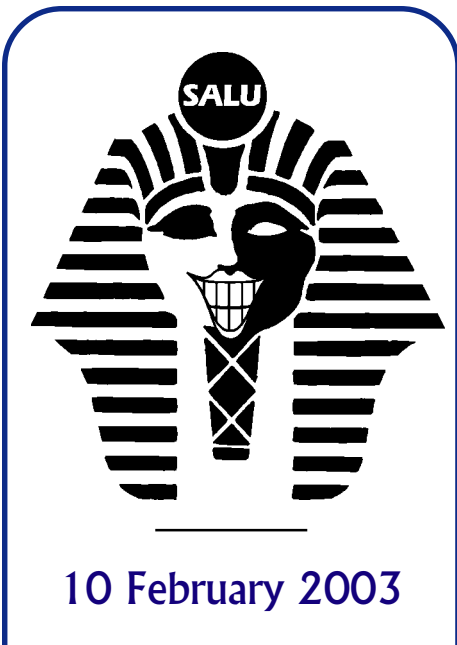
First long course meet of the season. All Saluki are eligible. Registration opens in March.

2-5 May—Cape Girardeau, MO

Saluki Invitational (50m)

This is our big meet for the Spring session. It's also some athletes' first exposure to long course racing. Registration opens in March.

16-18 May—Shea Natatorium



10 February 2003

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Next publication date: 24-Feb-03

Practice changes

- ▶ **14 February:** SRC groups to Pulliam at 6:00p
- ▶ **19-21 February:** All SRC groups to Pulliam at 6:00p
- ▶ **19-21 February:** Jedi will meet only at 5:00p. There is no 6:00p Jedi on these days.



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

Saluki Update 32

Gator Great Times meet lives up to its name!

The numbers are impressive! Over the weekend the Saluki Racing Team turned in 2 new club records, 9 new 'A' times and 15 new Ozark Q-times. But what is even more impressive is the way the youngest Saluki handled themselves at the meet. The ability to handle the competitive situation is the first step in becoming a truly complete athlete and some young Saluki took a giant step in that direction last weekend.

"We had some very young swimmers at the meet which usually means a lot of maintenance by the coaches," noted Coach Bill Price. "But the young ones knew what was going on and before I could intervene in a few situations they had already fixed the problem."

As always, full results are available at SwimSaluki.com. The Racing Team will next be in action at the Ozark Division 2 meet in Chesterfield, Missouri on 15-16 February.

Please register to work at the Missouri Valley Championship (20-22 February)

As one of our club fund-raisers we help supply workers for the annual Missouri Valley Conference meet at the Shea Natatorium. This is the NCAA conference championship for the SIU Men's and Women's teams and will include some of the fastest and most exciting competition you will see in any pool.

Traditionally the club staffs the Thursday and Friday night sessions as well as both sessions on Saturday. When signing up to work please give preference to those days and sessions. If you can work the morning sessions on Thursday and Friday though that would be a big help to the SIU Athletics Department.



A championship checklist: Are you ready?

The Ozark Championship, the *Big Kahuna* of swim meets, is what swimmers have been looking forward to all season. The current list of qualifiers is available at SwimSaluki.com. We encourage all swimmers and parents to check this list to see what events swimmers have qualified in. Additionally,

there are other items that potential members of the Saluki Championship Team should pay attention to:

- ▶ Are all the swimmer's events listed on the qualifiers page at SwimSaluki.com? If not, you need to let Saluki HQ know immediately! As far as we are concerned the list is full and complete but in the unlikely event that we are wrong it will not be discovered unless you tell us. Swimmers can only enter events where they have achieved the qualifying time. Once the entry is sent there is absolutely nothing we can do to change it.
- ▶ Be sure you are registered for the meet. From the calendar page at the club website click on the meet name to see if you are registered. If you are not registered you will not be entered. Being qualified for the meet does not mean you are registered.

- ▶ Make your hotel reservation. There is a block of rooms reserved at the Holiday Inn Express in St. Peters, Missouri (636-928-1500). This block will be held until 21 February.
- ▶ Do you have needed team uniform items such as T-shirts and swim caps? These are available at the Saluki Gear website. Part of our team uniform for 2003 will be warm-up jackets. We will have more information on these in the next *Update*.

Event entries

Swimmers may enter a maximum of 7 individual events for the meet. Since this is a prelim/final competition no more than 3 of these events can be on any one day.

Entry times

All entry times will be in short course yard (SCY) format. Some of our athletes have times listed on the qualifier page from meets run in short course metre (SCM) or long course metre (LCM) pools. When compiling the qualifier lists the computer system at Saluki HQ picks what it believes is the athlete's "best" time in an event. Although actual yard times are far more common sometimes an SCM or LCM time sneaks onto the list because the computer conversion indicates it is "faster" than the swimmers yard time.

Entry times for the meet must be submitted in yard format. Here is how the wizards at HQ arrive at a swimmers entry time:

- ▶ If a swimmer has both yard and metre qualifying times they will be entered with the yard time regardless of what the metre conversion is.
- ▶ If a swimmer has only a metre qualifying time then they will be entered at the yard cutoff time.

15 & over age group added this year

For the first time in several years the 15 & over age group will be back in the Ozark Championship meet. This is a major change that many families may not be aware of yet. This is part of the plan to make this meet a true Ozark Championship.

Prelim/final format

This is a prelim/final meet. For the 10 & under age group the top 8 swimmers from prelims will compete at night. In the 11-12, 13-14 and 15 & over age groups the top 16 swimmers will return at night. Before leaving the prelim session swimmers must know their finals status. Missing a final removes the swimmer from the meet.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15 OZ D2
16 OZ D2	17	18	19 20 ALL GROUPS AT PULLIAM No 6:00p Jedi group (5:00p only)		21	22 No practices
				MISSOURI VALLEY CHAMPIONSHIP		

10 February 2003

▶ www.swimsaluki.com/documents/update/u32.pdf

Important Dates

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

Ozark Division 2 Qualifier

Absolute last chance to go for the Ozark "Gold" times needed for the Ozark Championship. *Already entered.*

15-16 February—Chesterfield, MO

Missouri Valley Championship

This NCAA championship is run at the Shea Natatorium and the club uses it as a fund-raiser. We provide timers and several other key meet personnel. Please register to work on the website.

20-22 February—Shea Natatorium

Speedo Championship Series

Senior level championship competition. *Already entered.*

06-09 March—St. Peters, MO

Ozark Championship

The "Big Kahuna" of meets for Ozark age groupers. Check the Statistics section on the website to see if you qualify *then register!*

21-23 March—St. Peters, MO

Annual Banquet

Information about the annual recognition banquet will be available soon.

30 March—Site: TBA

Gator Invitational (50m)

First long course meet of the season. All Saluki are eligible. Registration opens in March.

2-5 May—Cape Girardeau, MO

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16-18 May—Shea Natatorium

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

Saluki Update 33



24 February 2003

Saluki Swim Club

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Carbondale, Illinois 62902
☎ 618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com
Internet: www.swimsaluki.com

Next publication date: 10-Mar-03

Practice changes

- ▶ 6-7 March: SRC groups to Pulliam at 6:00p



The 2003 Saluki Swim School will be opening soon!

Information will be published in early March. Classes begin in early April. Visit the club website for the latest details.

The Swim School is where you want to be this summer!



You need 'em... We've got 'em!
T-shirts—Caps—Silicone Caps

On the Saluki website

Get ready for the Saluki IM Challenge

The tireless Saluki coaching staff (also known as the Wizards of Jackson County) have come up with another racing challenge to keep things exciting leading into the Ozark Championship. All Saluki are invited to the *Saluki IM Challenge* at Shea on 15 March.

The *IM Challenge* is a series of 4-50yd races (1 for each stroke). After all races are completed the times are added together. The swimmer who beats his best 200 IM by the most time is declared the winner in the 11-12, 13-14 and 15 & over age groups. In the 8 & under and 9-10 age groups we will use the 100 IM time and calculate the least amount *over* the actual 100 time. The guys over at the Saluki *Special Services* department assure us that statistically these results will have deep meaning and should be included in swimmers' permanent records.

Mark your calendars and register now!

The *IM Challenge* will be held on Saturday, 15 March at the Shea Natatorium. This is one week out from the Ozark Championship so it is an especially good opportunity for athletes attending the OZ meet to get back into racing form.

Athletes MUST register for the IM Challenge.
Do this at SwimSaluki.com or call Saluki HQ: 618-457-1103

OZ3

The Ozark Championship The Full Scoop

In the last *Update* we outlined what the Ozark Championship was and answered some general questions about the meet. This edition contains some 'nuts and bolts' details of how the meet is run and some important tips for swimmers and parents about preparing for the meet and what to do when they get there.

Meet details

- ▶ **Location:** Rec-Plex in St. Peters, MO. Directions are on the club website.
- ▶ **Date:** 21-23 March 2003
- ▶ **Registration deadline:** Friday, 7 March. This is the last notice you will receive. *Update 34* will not be published until after this deadline has passed. Once our entry is completed it will be published at the website. Swimmers are limited to 7 events for the meet with no more than 3 on any one day. The published entry is our final version. No changes will be entertained.
- ▶ **A link is to the actual meet invitation published by the Ozark Age Group Committee is available on the SwimSaluki.com calendar page.** We encourage Saluki families to read this information but caution that the entry

deadline in the invitation applies to clubs, not individual athletes. **Our club registration deadline for this meet is 7 March.**

Hydration

Swimmers need to remember to bring a water bottle to the meet and to carry it around with them. By now everyone should appreciate the necessity of being properly hydrated at all times. This means using the water bottle not only at the pool but also at the hotel and when traveling. If you're not convinced that hydration is a "big deal" then please read *Eat, Drink and be Fast* in the Saluki archive. Our goal is to have the best possible performances at the meet and proper hydration will play a key role.

Friday events require check-in

ALL Friday events are deck seeded. Swimmers entered in any event on Friday need to check-in to receive a heat and lane assignment. Failure to check-in is the same as a scratch. Swimmers must check-in by 5:30p. **Coaches will not check-in swimmers. This is the athletes responsibility.**

Prelims on Saturday and Sunday are pre-seeded

Except for the 1650 the preliminary sessions on Saturday and Sunday are pre-seeded. This means that there is no check-in since swimmers already have their heat and lane assignment for their events. Anyone entered in the 1650 freestyle must check-in by 10:00a on Saturday morning.

Communication

Communication between athletes and coaches at this meet is essential and must be continuous and easily effected. Athletes are expected to remain on deck in the team area during the meet.

Uniforms

Now is the time to order your Racing Team T-shirt and a supply of official Saluki racing caps if you don't already have them. These items are available through *Saluki Gear*. They will not be available at the meet. Details regarding the warm-up jackets are still not finalized. When they are notices will be posted to the website.

Please keep Pulliam clean—Keep shoes off the deck

This is the time of year when shoes pick up a lot of mud and it is being tracked into Pulliam and onto the deck of the pool. We have been asked to monitor this and see that it doesn't happen. Swimmers please use the locker room entrances to the pool deck.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
2	3	4	5	6 SRC groups to Pulliam	7 SRC groups to Pulliam	8 No practices
SPEEDO CHAMPIONSHIP SERIES						

Important Dates

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

Speedo Championship Series

Senior level championship competition. *Already entered.*

06-09 March—St. Peters, MO

Saluki IM Challenge

Register for this new and exciting event designed to get the Saluki Racing Team ready for the Ozark Championship. Open to all Saluki. The event consists of 4-50 yard races in IM order. **Register now!**

15 March—Shea Natatorium

Ozark Championship

The "Big Kahuna" of meets for Ozark age groupers. Check the Statistics section on the website to see if you qualify. **Registration deadline is 7 March.**

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10 March 2003

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- ▶ **20 March:** Last day of practice for the Winter session



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On the Saluki website

Ozark Championship entry posted on website

The final meet entry of the season has been posted on www.swimsaluki.com. If you're going to the meet take some time to look over the entry so you are certain what your events are and what days they are on. Along with the team entry the warm-up and start times are listed and a link to the official meet information as published by the Ozark Age Group Committee is provided.

Team caps

The single piece of equipment that is required of all athletes is an official club swimming cap. Athletes who wear caps in competition are required to wear the team cap. Ozark caps, SIU caps etc. are not acceptable. Club caps are not available at the meet itself. They must be purchased from the Saluki Gear website at www.dynamo.org. There is a link from the club website to Saluki Gear.

Annual banquet set for 30 March

This year's annual recognition banquet will be held at the Carbondale Civic Center on Sunday, 30 March. Reservations are required and must be made by 14 March. Registration forms are available at the club website. Completed forms and checks should be mailed to Glenna Tripp at the address on the forms. Do not give forms or checks to the coaches.

Saluki IM Challenge is this weekend!

There is still time to register for the Saluki IM Challenge that will be held this Saturday (15 March) at the Shea Natatorium. Go to the website now and sign-up.

Warm-ups begin at 9:30a and swimmers are asked to be on time so that we can get underway promptly at 10:15a. We will be finished by 12:00 noon.

Spring registration is now open

Our Spring training session will get underway on Monday, 31 March and continue through Friday, 30 May. As with all of our training sessions current athletes have first crack at registering for them. Athletes may reregister at the club website.

New athletes may register beginning on 31 March by coming to Pulliam pool at 5:00p. They should download a 2003 registration form from the website and bring it with them to the pool.

Meets included in the Spring session

Two meets fall within the spring training session. Both are run in long course format and are open to all Saluki athletes. These are both invitational meets and require positive registration at the website.

- ▶ **Gator Long Course Kickoff** (2-4 May). This meet has two different formats. On Friday and Saturday the meet is for senior level swimmers with events covering 3 separate sessions—Friday PM, Saturday AM and Saturday PM. On Sunday a pentathlon format will be offered for all age groups.
- ▶ **Saluki Invitational** (16-18 May). This is our club's big meet of the Spring session and many swimmers first chance to experience a long course (50m) competition.



Swim School offered this Spring!

For the first time we will be offering Swim School sessions during the Spring. The lessons will be offered on a limited basis at Pulliam during April and May. Two different levels will be offered:

- ▶ **Children 3-5 years of age.** This group will use the instructional pool most of the time. This group meets from 6:00-6:40p.
- ▶ **Children 5-8 years of age.** This group meets from 6:45-7:25p and will use both pools at Pulliam.

Classes will be offered either on Monday and Wednesday or Tuesday and Thursday for 4 weeks.

The first session of classes runs from 31 March to 24 April. The second session of classes run from 28 April to 22 May.

The cost for these classes is \$45 and preregistration is required. Registration forms will be available on the website beginning on 16 March.

The full version of the Saluki Swim School gets underway on 9 June. Information on these classes will be available in April.

Summer programs to undergo changes

This year we will be offering a slightly different training and instructional schedule for the summer months. Our plan is to begin offering a long course training group with practices twice daily for most swimmers, and a technique group that will meet 3 days per week in the afternoon. Both groups will meet at the Shea Natatorium.

The plan is not finished and more information will be available as soon as it is. Our goal is twofold: (a) establish a true summer training program for those swimmers who want it and (b) be more efficient in our use of the Shea pool.

Changes are also underway at Pulliam for the summer. Presently we are looking at the possibility of offering a 1-week clinic just prior to the SISL championship meet.

To get profit without risk, experience without danger, and reward without work is as impossible as it is to live without being born.

A.P. Gouthey

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15 IM CHALLENGE
16	17	18	19	20 Last day of practice for the Winter session	21	22 OZARK CHAMPIONSHIP

Important Dates

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

Saluki IM Challenge

Register for this new and exciting event designed to get the Saluki Racing Team ready for the Ozark Championship. Open to all Saluki. The event consists of 4-50 yard races in IM order. **Register now!**

15 March—Shea Natatorium

Seasonal break

Thursday, 20 March is the last day of the Winter training session. The Spring session begins on Monday, 31 March. Current athletes must reregister for the Spring session to be assured of a spot.

21-30 March—Training break

Ozark Championship

The "Big Kahuna" of meets for Ozark age groupers. This meet is already entered. Check the meet info pages for our complete entry.

21-23 March—St. Peters, MO

Annual Banquet

Reservations are due by 14 March. Reservation forms are available at the club website.

30 March—Carbondale Civic Center

Spring Swim School begins

Limited instruction is available for 3-5 year olds and 5-8 year olds. Information available on the website on 16 March.

31 March—Pulliam pool

Gator Invitational (50m)

First long course meet of the season. All Saluki are eligible. Register now.

2-4 May—Cape Girardeau, MO

Saluki Invitational (50m)

This is our big meet for the Spring session. It's also some athletes' first exposure to long course racing. Register now.

16-18 May—Shea Natatorium

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

Saluki Update 35



24 March 2003

Saluki Swim Club

Saluki Swim Club, Inc.
P.O. Box 3293
Carbondale, Illinois 62902
▶ 618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com
Internet: www.swimsaluki.com

Next publication date: 07-Apr-03

Practice changes

- ▶ **24-29 March:** Seasonal break. No training this week.
- ▶ **31 March:** No training for SRC groups. These groups will begin training on 1 April.



Swim School registration is now open!

Registration forms are on the web for the April and May sessions.



You need 'em... We've got 'em!
T-shirts—Caps—Silicone Caps
On the Saluki website

Saluki wraps up 2002-03 season with excellent efforts at the Ozark championship

If you've already read about the performance of the Saluki Racing Team at the recent Ozark Championship on the web then you know we had one of the best ever—if not *the* best—team efforts the club has ever seen. Attitude, preparation, and attention to detail were all very good and combined to create the best environment for top level efforts.

75% personal best times!

Every Saluki athlete had a personal best in at least one event. Eight of the 20 Saluki at the meet had best performances in *all* of their events! Mathematically this represents over 75% improvement.



Byars sets 6 new records and turns in a USA Top 16 time!

Bob Byars was personally responsible for every one of the 6 new club records set at the meet. In addition to rewriting the 13-14 boys record book he also turned in a Top 16 time in the 100 freestyle with a 48.99.

3 Saluki win a total of 11 events

Bob Byars, Lindsey Kolar and Calvin Kolar won a phenomenal 11 events at the meet between them. Byars won the 50, 100 and 200 freestyles, both backstrokes and the 100 fly. Lindsey Kolar won both breaststrokes and both IMs for 13-14 girls. Calvin Kolar won his very first event at an Ozark Championship with the 100 breaststroke for 10 & under boys and posting his *first Zone qualifying time* in the process.

First time 'A' swims

At Saluki HQ we make a big deal about swimmers achieving the USA National Age Group 'A' standard in an event. At this meet 8 Saluki turned in their very first 'A' time:

- ▶ Elizabeth Bell: 100 and 200 free, 100 fly
- ▶ Jada Helmer: 100 free
- ▶ Calvin Kolar: 100 fly, 50 free
- ▶ Ryan McDonald: 50, 100, 200 and 1650 freestyles
- ▶ Natalie McLean: 200 IM
- ▶ Breein Rossi: 100 fly
- ▶ Connor Rossi: 100 breast, 100 free
- ▶ Glynnis White: 100 back

Coach's note:

In the publishing biz it's bad form to be using exclamation points all over the place but we were hard pressed not to use them in describing the Saluki effort at this meet. *Everybody* did well! (Somebody stop me.) The best part though was to have this all occur at the end of a very long season. From a coaches perspective the longer the season the harder it is to energize for the hoped for

fantastic season ending performances. But nonetheless that's exactly what happened. Look at the results. As one coach put it, "*Holy mitochondria!*"

If there were any weak points at all it would be in our racing ability. Accepting the challenge that a good race offers could raise our performance level even higher. This is a factor we will be working on in future.

Seasonal break from 21 to 30 March

There will be no training for any groups from 21 to 30 March. This is our seasonal break. Athletes are encouraged to take full advantage of an entire week without swim practice, make plans for the Spring training session, and look forward to coming back on 31 March ready to go.

Saluki takes 2 training breaks per year: one between the Winter and Spring sessions and one at the end of the Summer session. For more complete information about seasonal breaks and their importance in the training scheme check out the *Updates* for 8 and 22 July 2002 in the Documents and Forms section of the website.

Register now for the Spring session

Reregistration for current athletes is now taking place for the upcoming Spring session (31 March to 31 May). If you plan on training with Saluki in the Spring but have not yet registered then please do so as soon as possible. Athletes currently enrolled in the program have first crack at reregistering for subsequent sessions. We use the number of swimmers who reregister as a basis for determining how many new athletes can be accepted for the session. New athlete registration opens on Monday, 31 March at Pulliam pool.

SRC groups start Spring training on Tuesday, 1 April and may have to renew SRC cards

Because of all the activity taking place at Pulliam pool on Monday the SRC groups will not begin the Spring session until Tuesday, 1 April. Swimmers in SRC groups may also have to renew their entry cards, so extra time should be allotted to do this on the first day of practice.

Spring competitions

- ▶ **Gator Long Course Kickoff** (2-4 May). Registration is now open.
- ▶ **Saluki Invitational** (16-18 May). This is our club's big meet of the Spring session and many swimmers first chance to experience a long course (50m) competition.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
SEASONAL BREAK—No Training						
30 RECOGNITION DINNER at Carbondale Civic Center	31 Spring session begins at Pulliam NEW ATHLETE REGISTRATION held at Pulliam, 5:00p	1 Spring session begins at Shea	2	3	4	5

Important Dates

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

Seasonal break

Thursday, 20 March is the last day of the Winter training session. The Spring session begins on Monday, 31 March. Current athletes must reregister for the Spring session to be assured of a spot.

21-30 March—Training break

Annual Banquet

Reservations are due by 14 March. Reservation forms are available at the club website.

30 March—Carbondale Civic Center

Spring Swim School begins

Limited instruction is available for 3-5 year olds and 5-8 year olds. Information available on the website on 16 March.

31 March—Pulliam pool

Gator Invitational (50m)

First long course meet of the season. All Saluki are eligible. Register now.

2-4 May—Cape Girardeau, MO

Saluki Invitational (50m)

This is our big meet for the Spring session. It's also some athletes' first exposure to long course racing. Register now.

16-18 May—Shea Natatorium

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

18-20 July—TBA

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

Saluki Update 36



07 April 2003

Saluki Swim Club

Saluki Swim Club, Inc.
P.O. Box 3293
Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com
Internet: www.swimsaluki.com

Next publication date: 21-Apr-03

Practice changes

- ▶ **12 April:** No practice for any group due to the Water Polo tournament.

Text enhancements?

In this edition there are text links to the Saluki Gear website and to an article in the Saluki Archive. These links only work while you are connected to the Internet. Other times they are just part of the text. Please let us know if you find these useful or if you have linking problems.



You need 'em... We've got 'em!
T-shirts—Caps—Silicone Caps
On the Saluki website

Welcome new families!

So far this Spring 12 new athletes have joined Saluki for the brand new Spring training session and we welcome them to the club. Registration for the Spring session ends on Friday, 18 April. Athletes wishing to train with us must do so by that date.

We want to encourage all new families (and old ones too!) to make it a habit to regularly read the club's website. It has the answer to many questions that new athletes and parents have about the club; both in an immediate sense (practice schedules and meet information) and in areas that are of a more long term concern (what parents might expect in terms of improvement for their child). The website is the club's #1 method of communication.

The Saluki Update

The *Saluki Update* is published every 2 weeks and email links are sent to everyone on our mail list. If you did not receive this *Update* as an email link then you are not on our mailing list and you may miss important information.

Team gear

Saluki logo items such as T-shirts and racing caps are available at [Saluki Gear](#). The only required piece of team logo equipment that swimmers absolutely have to have is a team cap for meets. Saluki Gear offers both latex and silicone team caps. Saluki Gear is operated by the Saluki coaching staff and requires a credit card to place orders.

Signing up for meets

All meet information is available from the calendar page. By clicking on the name of the meet on the calendar page you can view a brief of meet information. Before our entry is completed for each meet the meet info page displays a list of swimmers who have registered for the meet. After our entry is completed the info page lists the events and seed times that each athlete was entered with. Once the entry is posted no further registrations are accepted. Don't dillydally registering for meets or you will be disappointed.

Registration for meets can be done online by clicking Meet Registration (at the top of most site pages) or by calling Saluki HQ (618-457-1103) and telling us what meets you want to attend. The coaching staff selects the events swimmers compete in.

Spring session meets include:

- ▶ **Gator Long Course Kickoff** (50m), 2-4 May, Cape Girardeau, Missouri. All ages on Sunday. Senior swimmers (12+) on Friday and Saturday.
- ▶ **Saluki Invitational** (50m), 16-18 May, Shea Natatorium, Carbondale, Illinois. All ages.

Parent - Swimmer - Coach

The most successful athletes in any youth sport are those who are part of a strong *Parent - Swimmer - Coach* relationship. Without all three parties working together success will be limited. The archive has an excellent, though not inclusive, article titled [A Few Suggestions on How to Be a Better Swimming Parent](#). We want the best possible situation for our children. Part of getting that is understanding what the Saluki Swim Club is and how to get the most from it.

Your Responsibility as a Sport Parent:

- Encourage your child.
- Understand and support your child.
- Be there for your child.
- Keep it in perspective.
- Help your child understand goals and sport's lessons.
- Teach your child team loyalty.
- Help your child learn and put into practice nutritious eating habits.
- Ensure that your child gets enough rest.
- Learn your responsibilities to the team.
- Teach your child their responsibilities to the team.
- Discipline your child.
- Trust your child to the Coach.
- Take your child to the doctor if sick or injured.
- Supply your coaches with your child's medical information.
- Have FUN!

Please talk to your child's coach or call Saluki HQ if you ever need more information about anything.

Billing

Bills were mailed to all families last week. Full payment is due by 18 April. Please remember to mail payments to the club office (the address is on the bill). Giving payments to the coaches is not an efficient way to pay.

Error in equipment fee charge

The equipment fee for the Spring session is \$10 and not \$20 as noted on the bills. All accounts have already been corrected and the \$10 credit will appear on the next bill that families receive near the end of April or early May. If you have already mailed in your payment we will credit the extra amount to your escrow account.

**Registration for the Gator meet on 2-4 May
must be done immediately!**

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8 BOARD MEETING SRC Alumni Lounge, 7:00p	9	10	11	12 NO PRACTICES for any group
13	14	15	16	17	18	19

Important Dates

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

Gator Invitational (50m)

First long course meet of the season. All Saluki are eligible. Full information is available at the website. **Register now!**

2-4 May—Cape Girardeau, MO

Saluki Invitational (50m)

This is our big meet for the Spring session. It's also some athletes' first exposure to long course racing. Register now.

16-18 May—Shea Natatorium

Spring session ends

This is the last day of practice for our Spring session.

31 May

Summer session begins

First day of the Saluki summer training session.

2 June

Open Water Challenge

2.5 and 5 kilometer races held in Little Grassy Lake. Lunch afterward!

14 June—Little Grassy Lake

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

18-20 July—TBA

Central Zone Championship (50m)

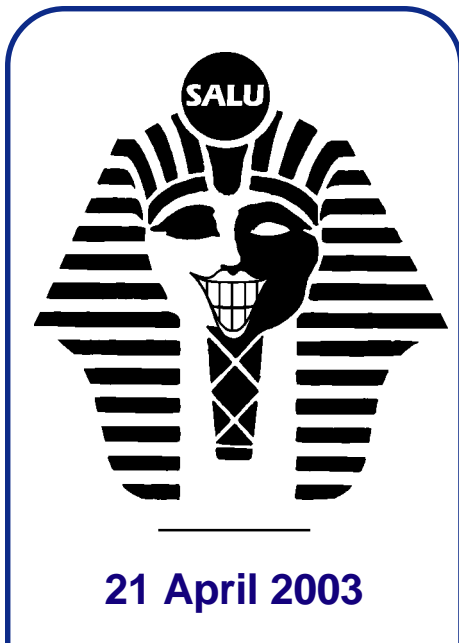
USA 'AAA' times required for this Ozark team trip.

6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August



Saluki Swim Club
 Saluki Swim Club, Inc.
 P.O. Box 3293
 Carbondale, Illinois 62902
 618-457-1103 (Saluki HQ)
 Email: coach@swimsaluki.com
 Internet: www.swimsaluki.com
 Next publication date: 05-May-03

Practice changes
 ▶ 2 May: SRC groups to Pulliam.

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

Saluki Update 37

Ozark Long Course Championship set for Shea!

Final approvals for staging the Ozark Long Course Championship at the Shea Natatorium have been secured. The meet is being held for the very first time outside of the St. Louis area and will be staged in Carbondale from 18-20 July this summer. Usually our biggest team is sent to the short course championship in March but this summer Saluki can have a sizeable contingent in the long course meet.

Ozark 'Silver' qualifying time

The Q-time for the Ozark Long Course Championship is the Ozark 'silver' time. This standard is slightly easier than the Ozark 'gold' standard. Qualifier lists will be published in the Statistics section at SwimSaluki.com immediately following the Gator meet in early May.

TIVO device now working—sort of

Those who attended practice last Saturday know that the club has joined the 21st century in yet another way. As with any new technology though where it fits into our training program is something we will be learning every time we use it. Immediate uses that come to mind are skills that swimmers can't traditionally see such as underwater stroke technique, and starts and turns.

Swim school registration now open: Classes begin on 9 June

The 2003 Saluki Swim School classes are now open for registration. The [brochure and registration form](#) have been available online for a week or so and will also be mailed this week.



Learn-to-Swim

This year we are able to offer four 2-week learn-to-swim sessions: 9-19 June, 23 June to 3 July, 7-17 July and 21-31 July. Lessons are held at Pulliam pool and are for children 4 to 12 years of age. All learn-to-swim groups meet Monday through Thursday for 2 weeks. Class times are 5:00p or 5:45p. The cost of a session is \$45.

Stroke mechanics

In addition we will also be offering the popular 1-week stroke mechanics classes that we started last year. These sessions are offered on 16-19 June, 23-26 June, 30 June to 3 July and 7-10 July. Mechanics classes meet Monday through Thursday for 1 week. The cost of the mechanics sessions is \$30. These classes are for experienced swimmers only. They are not for learn-to-swim students.

We are hiring!

During the summer months the staff of Saluki Swim Club almost triples due mostly to the Swim School program. We are looking for mature individuals interested in teaching swimming lessons who have current certification in CPR, First Aid and Coaches Safety Training. The American Red Cross *Lifeguarding* certification provides all of these. If interested call Saluki HQ.



You need 'em... We've got 'em!
T-shirts—Caps—Silicone Caps
On the Saluki website

New summer training set up announced

The Saluki coaching staff has announced a plan to set up 2 training groups while still maintaining parts of the club's traditional summer program. The Jedi and skills group will still be offered. The Jedi will meet at Pulliam and the skills group will meet at Shea. The new training groups (Group 'A' and 'B') will also meet at Shea.

Group 'A'

Athletes registering for Group 'A' will have 11 scheduled workouts per week and must average at least 6. This average must be established during the first 2 weeks of training and maintained throughout the session. The cost of this program is \$172.

Group 'B'

Swimmers in Group 'B' will have 6 scheduled workouts per week. The cost of this group is \$144.

Skills group

The skills group will maintain the traditional Saluki summer program by offering afternoon workouts and a new Saturday session. Weekday practices will last for 60 minutes and focus entirely on technique. The cost of this group is \$138. Athletes who participated in the previous 3 training sessions (Fall-02, Winter-03, and Spring-03) receive a special discount and pay only \$50 for this program.

Full details about the summer program will be available in the next edition of the *Update*.

Equipment necessary for practice

Swimmers in groups 2, 3, 4, and 5 need to have a pair of Zoomers and a water bottle with them at practice. Zoomers are used frequently for resistance and water bottles are needed to maintain proper hydration.

All swimmers need their own personal pair of goggles. A number of Pulliam swimmers depend on the lost and found box for a pair of goggles. This is not only poor planning but it also exposes athletes to various eye diseases.

In addition to having this equipment comes the added responsibility of getting it to and from practice successfully each day. We like to stress to the athletes that they are responsible for their own equipment.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
27	28	29	30	1	2 SRC GROUPS to Pulliam, 6:00p	3
					GATOR LONG COURSE KICKOFF	

Important Dates

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

Gator Invitational (50m)

First long course meet of the season. All Saluki are eligible. Full information is available at the website. 15 Saluki are entered.

2-4 May—Cape Girardeau, MO

Saluki Invitational (50m)

This is our big meet for the Spring session. It's also some athletes' first exposure to long course racing. **Register now.**

16-18 May—Shea Natatorium

Spring session ends

This is the last day of practice for our Spring session.

31 May

Summer session begins

First day of the Saluki summer training session.

2 June

Open Water Challenge

2.5 and 5 kilometer races held in Little Grassy Lake. Lunch afterward!

14 June—Little Grassy Lake

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

18-20 July—Shea Natatorium

Central Zone Championship (50m)

USA 'AAA' times required for this Ozark team trip.

6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August

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

Saluki Update 38



05 May 2003

Saluki Swim Club

Saluki Swim Club, Inc.
P.O. Box 3293
Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com
Internet: www.swimsaluki.com

Next publication date: 19-May-03

Practice changes

- ▶ **10 May:** No practice because of SIU graduation.
- ▶ **16-17 May:** No practices due to the Saluki Invitational.

*"Without change,
something sleeps inside
us, and seldom
awakens. The sleeper
must awaken."*

—Frank Herbert



You need 'em... We've got 'em!
T-shirts—Caps—Silicone Caps
On the Saluki website

Racing Team swims well in first long course meet of 2003 season

Ten Saluki competed in Cape Girardeau over the weekend at the Gator Long Course Kick Off. This was the first meet of the 2003 long course season and it saw some very good times turned in by local athletes.

New records

Elizabeth Bell and Ryan McDonald set 3 new club records. Bell eclipsed the old mark in the 800m freestyle for 12 & under girls and set the standard in the 400 IM. McDonald broke the 1500m freestyle record set by Matt Green during the last century.

Saluki Invitational coming up on 16-18 May!

The annual Saluki Invitational (our second long course meet for the 2003 season) will be held at the Shea Natatorium from 16-18 May. **Athlete registration is ongoing but the deadline to register is 8 May.** Parents can register their children to swim in this meet in 2 ways:

- ▶ Call Saluki HQ (618-457-1103) and tell us or leave a message telling us that you want to participate.
- ▶ [Register online at the club website.](#)

Please don't make the mistake of thinking that telling your child's coach that you're interested in swimming in the meet is enough to get them registered. It isn't. Proper registration can only be done in the 2 ways listed above.

Parent Work Requirement for Saluki Invitational

The Parent Work Requirement applies to all parents with children swimming in the Spring session. It doesn't matter whether the child actually participates in the Saluki Invitational or not. The Parent Work Requirement states that in a meet with 5 sessions Saluki parents must work at least 3 of the sessions. This usually works out well since *most* swimmers participate in 3 sessions—Friday afternoon and then Saturday and Sunday.

Parents can [register to work](#) through the club website. All sessions are listed on the worker registration page. Just fill in the necessary information, check off the sessions you will work at the meet, and click 'submit.' When you arrive at the pool don't forget to sign in so that we know you were actually there. Worker sign in usually takes place in the pool office but if you don't see any place to do this then ask somebody. Workers not signing in when they arrive at the pool is the #1 reason for incorrect work requirement billings.

Meet equipment

The only piece of team logo equipment that swimmers need for meets is a Saluki logo cap. We do not permit our swimmers to wear caps other than our team cap. If you don't have a supply of these you can get latex or silicone versions at [Saluki Gear](#).

Summer program info and registration

As announced in Update #37 the Saluki summer program is going to be different from what was offered in previous years. The purpose of the change is to establish a true training group. After observing how the summer program oper-

ated over the past several years the coaching staff believes that a true summer training program is possible only if certain modifications are made to our traditional group set up. These changes were outlined in Update #37.

Summer practice schedule

Although changes are still possible this is the tentative practice schedule for summer session:

Group A: MTuWThF 6:00-8:00a
MWF 5:30-7:00p
TuTh 4:30-7:00p
Sa 8:00-10:00a (24.5 hours/week)

Group A swimmers have 11 workouts per week. To be in this group swimmers must attend at least 6 although they will be encouraged to attend all of them. Cost: \$172, discounts do not apply.

Group B: MWF 5:30-7:00p
TuTh 4:30-7:00p
Sa 8:00-10:00a (14.5 hours/week)

Group B swimmers do not have a minimum workout requirement but swimmers will be encouraged to attend all workouts. Cost: \$144, discounts do not apply.

Skills group: MTuWThF 4:30-5:30p
Sa 8:00-9:00a (9.5 hours/week)

There is no minimum attendance requirement for the skills group. Cost: \$138 or \$50 for swimmers who have participated in the past 3 consecutive sessions.

All workouts for Groups A, B and Skills are held at the Shea Natatorium. Pre-registration for these groups is absolutely mandatory since special arrangements need to be made to get into the SRC building.

Jedi: MTuWTh 6:15-7:00p (Pulliam) (3 hours/week)
Cost: \$114 or \$50 for swimmers who participated in the past 3 consecutive sessions.

Summer registration

Registration for the summer competitive groups will open on 10 May. We will be providing online registration on the club website or families can simply download a registration form and send it to us by mail.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10 No practice. SIU graduation.
11	12	13	14	15	16 No practices	17 No practice
						SALUKI INVITATIONAL

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Saluki Invitational (50m)

This is our big meet for the Spring session. It's also some athletes' first exposure to long course racing. [Register now.](#)

16-18 May—Shea Natatorium

Spring session ends

This is the last day of practice for our Spring session.

31 May

Summer session begins

First day of the Saluki summer training session.

2 June

Open Water Challenge

2.5 and 5 kilometer races held in Little Grassy Lake. Lunch afterward!

14 June—Little Grassy Lake

Senior Invitational (50m)

A team travel opportunity for older Group 'A' and 'B' athletes.

27-29 June—Bloomington, IN

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

18-20 July—Shea Natatorium

Central Zone Championship (50m)

USA 'AAA' times required for this Ozark team trip.

6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August

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

Saluki Update 39



19 May 2003

Saluki Swim Club

Saluki Swim Club, Inc.
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Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com
Internet: www.swimsaluki.com

Next publication date: 02-Jun-03

Practice changes

▶ 26 May: No practice. Memorial Day.

"To achieve what is great do what is hard."

—Glynnis White



You need 'em... We've got 'em!
T-shirts—Caps—Silicone Caps
On the Saluki website

Swimmers turn in top times during the Saluki Invitational

As the club's major Spring event, the Saluki Invitational was an opportunity for local athletes to get a taste of long course competition and to gauge improvement from the past long course season. This year's meet was slightly larger than last year with 307 athletes attending. But with the help of a lot of parents and visiting officials we ran a good meet giving all athletes a shot at top performances.

7 new records

Individual improvement over last long course season was evident in almost every swim and the statistics of our team performance overall highlight this. Saluki had 7 new club records set in the meet by 3 athletes.

Bob Byars set 4 new records for 13-14 boys. In the 400 free he broke a 24 year old record turning in a 4:38.28. He broke his own mark in the 800 free, broke his older brother's mark in the 100 back, and squeaked by the old standard in the 200 back which stood for 17 years.

Lindsey Kolar sliced 3 seconds off the 400 IM for 13-14 girls breaking the 1989 record set by Rebecca Reeder, one of Saluki's first U.S. national qualifiers. Kolar also eclipsed her own mark in the 100 breaststroke that she set at last years Central Zone competition.

Calvin Kolar got his name into the record books by smashing the boys 12 & under 200 breaststroke record cutting almost 6 seconds from the old mark. Kolar is the youngest Saluki ever (he's only 10) to get his name onto the 12 & under records list.

15 first time 'A' standards

An 'A' time is a milestone that welcomes swimmers into the above average category nationwide. Saluki had 15 first time 'A' standards at the meet:

- ▶ Charles Du in the 50 and 100 fly and the 50 free for 11-12 boys
- ▶ Alex Halbrook in the 200 and 400 IM for 17-18 boys
- ▶ Aaron Hvidston in the 50 fly for 11-12 boys
- ▶ Ryan McDonald in the 100 and 400 free and the 200 IM for 13-14 boys
- ▶ Markum Reed in the 200 IM, 100 free, 100 breast and 100 fly for 15-16 boys
- ▶ Breein Rossi in the 50 free for 13-14 girls
- ▶ Taylor Tripp in the 200 back for 11-12 girls

Racing technique was out in front!

All swimmers have some kind of a plan before they start a race whether it is just to remember how many laps to do in the case of some of our younger athletes, or a bit more complicated scheme for good energy use for older athletes. No matter how cerebral racing plans become though it's still an athletic event and we always like to see a flat out race whenever one evolves.

At the Invitational Saluki athletes did not shy away from racing. In fact it was so up front that by Saturday afternoon our coaches knew that if any of the local hot shots were near anybody else at the last turn the one-on-one, fun to

watch, what-we-came-for race would be underway. This paid off in a big way as one look at the Saluki results will attest.

Ozark Championship update—18-20 July

As many of you already know the 2003 Ozark Long Course Championship will be held at the Shea Natatorium from 18-20 July. The Gator Swim Team from Cape Girardeau is co-hosting this meet with us and swimmers from all over the Ozark LSC will be competing for top honors in their events.

This is the first time this meet has been held outside the St. Louis area and we're hoping to have one of the best championship meets ever at Shea. Holding the meet indoors is the primary reason Saluki was selected as host and we believe that this will act as a special incentive for teams to participate even though it will be a travel meet for most athletes.

A plus for us is that we will have many more swimmers entered in the meet than we have in the past. With the competition being held on home turf we believe that many of our swimmers will be encouraged to participate.

Meet details

This is a full blown championship meet with timed final events on Friday evening and prelim/final competition on Saturday and Sunday.

- ▶ The qualifying standard is the Ozark 'silver' time. The [list of qualifiers](#) is posted on the Saluki website. The list is updated after each meet throughout the summer.
- ▶ Registration for the meet is now open. To participate in the meet swimmers must meet the qualifying times for their events and participate in the Saluki summer program.
- ▶ The Parent Work Requirement will apply to this meet.

Website woes

Over the past month or so many visitors to SwimSaluki.com have had trouble getting onto the site. Our server calls this a 'latency' issue and is working to remedy the problem. Simply clicking the *refresh* or *reload* button on your browser usually fixes the problem. This Saluki Gear site (www.dynamo.org) is similarly affected.

Don't forget to register for the summer session!

Athletes who participated in the last 3 sessions (Fall '02, Winter '03 and Spring '03) can join the skills group for just \$50. Check the website for details.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
25	26 No practices. Memorial Day.	27	28	29	30	31 Last day of Spring session

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Spring session ends

This is the last day of practice for our Spring session.

31 May

Summer session begins

First day of the Saluki summer training session.

2 June

Open Water Challenge

2.5 and 5 kilometer races held in Little Grassy Lake. Lunch afterward!

14 June—Little Grassy Lake

Senior Invitational (50m)

A team travel opportunity for older Group 'A' and 'B' athletes.

27-29 June—Bloomington, IN

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

18-20 July—Shea Natatorium

Central Zone Championship (50m)

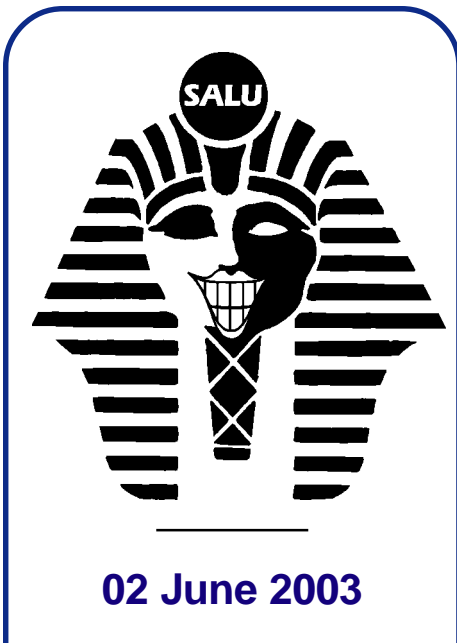
USA 'AAA' times required for this Ozark team trip.

6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August



02 June 2003

Saluki Swim Club

Saluki Swim Club, Inc.
P.O. Box 3293
Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com
Internet: www.swimsaluki.com

Next publication date: 16-Jun-03

Practice changes

- ▶ **31 May:** Last day of practice for the Spring session.
- ▶ **14 June:** No practice due to the Open Water Challenge.

*“You can’t stop us.
You can only hope to
contain us!”*

—Karen Carlson



Got Caps?

T-shirts–Caps–Silicone Caps

On the Saluki website

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

Saluki Update 40

Summer session gets underway on Monday, 2 June

Our Summer session will begin in full on Monday, 2 June. Earlier in the week the website incorrectly noted that practices in the first week of the Summer session would follow the Spring schedule; this was incorrect. We will be following the full Summer practice schedule beginning on Monday with the PM workouts. Morning workouts will begin on Tuesday.

Getting an SRC entry card

Athletes in Group ‘A’, Group ‘B’, and the Skills group will need an entry card to use the Student Recreation Center. All athletes who are registered by Friday, 30 May will have their names on the entry list by Monday. Those who register after Friday will be contacted about when they can receive their entry card if it isn’t Monday.

To get the entry pass swimmers should go to the Information Center on the upper level of the SRC. Tell the people working at the IC that you are a member of the Saluki Swim Club and need a card to enter the building. They will then consult a list compiled by Saluki HQ of all swimmers who have told us they are swimming in the summer. If the swimmers name is on the list a card will be issued. There is a small charge for this (\$3-\$5) but we’re not sure exactly what it is.

Please note

1. Athletes whose names are not on the list will not be issued cards. This is why athletes need to register for the summer prior to coming to practice.
2. The Information Center is not open early in the morning so you cannot get a card immediately prior to the 6:00a practice session. Plan accordingly.
3. Athletes are responsible for the proper use of the card issued to them. Lending it to friends or attempting to “double enter” the turnstiles will result in the card being revoked. The card is needed to enter *and leave* the SRC.
4. Replacement of a lost card is the athlete’s responsibility. The charge for a replacement card is higher than the fee charged when it is originally issued.

Ozark Championship in the spotlight this summer

The biggest event this summer will be the Ozark Long Course Championship. Because Saluki is co-hosting the meet with the Gators at the Shea Natatorium it will have one of the largest Saluki entry’s ever for the meet. To participate in the meet Saluki athletes need to be registered in the summer program.

PRACTICE SCHEDULE

GROUP A

6:00-8:00a, MTuWThF
5:30-7:00p, MWF
4:30-7:00p, TuTh
Sa, 8:00-10:00a

GROUP B

5:30-7:00p, MWF
4:30-7:00p, TuTh
8:00-10:00a, Sa

SKILLS

4:30-5:30p, MTuWThF
8:00-10:00a, Sa

JEDI

6:15-7:00p, MTuWTh

Swim School classes filling...But not full yet!

With just a little over a week to go before the 2003 Summer Swim School springs into action there are still about 12 slots available in the first session (09-19 June). The one class that is full is the Butterfly technique class scheduled for the week of 16 June.

Registration for swim school classes can only be done by mail and you can download a registration form from the [Swim School info page](#) on the Saluki website.

The 2003 Swim School offerings include both learn-to-swim classes and technique instruction. Learn-to-swim is run in four, 2-week sessions (8 lessons) beginning on 9 June. Technique classes are offered in 1-week sessions with a concentration on specific strokes.

Open Water Challenge—14 June

Yes, the water is warming up in Little Grassy Lake and Yes, there will be a catered lunch following the event again this year. The annual Open Water Challenge is only 2 weeks off and a tireless cadre of volunteers are putting the final touches on what is a curiously fun event.

Hungry but not swimming?

Participants in the event have the *apres nage* lunch included as part of their entry fee. Those who are coming to the swim but not participating are still invited to join us for lunch. The cost for the lunch alone is \$7 and Saluki needs to know how many people from each team are interested in the lunch-only option about 1 week before the event.

Summer office hours—12:00 noon to 3:00p

With the summer comes a change in office hours. The new hours at Saluki HQ are 12:00 noon to 3:00p, Monday through Friday. These are the hours when you are most likely to get someone to answer the phone or when phone calls will be returned. You can leave a message at any time however.

Summer equipment charge will appear in next billing

The summer equipment charge of \$10 will be charged to the escrow accounts of all athletes participating in the summer training session. We expect that bills will be mailed on 2 June.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Summer session begins with PM workouts	3	4	5	6	7
8	9 Summer Swim School sessions begin	10	11	12	13	14 No practices <div style="border: 1px solid black; padding: 2px; text-align: center;">OPEN WATER CHALLENGE</div>

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Open Water Challenge

1.5, 3, and 5 kilometer races held in Little Grassy Lake. Lunch afterward! [Register now.](#)

14 June—Little Grassy Lake

Senior Invitational (50m)

A team travel opportunity for older Group 'A' and 'B' athletes. Entered

27-29 June—Bloomington, IN

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

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6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August

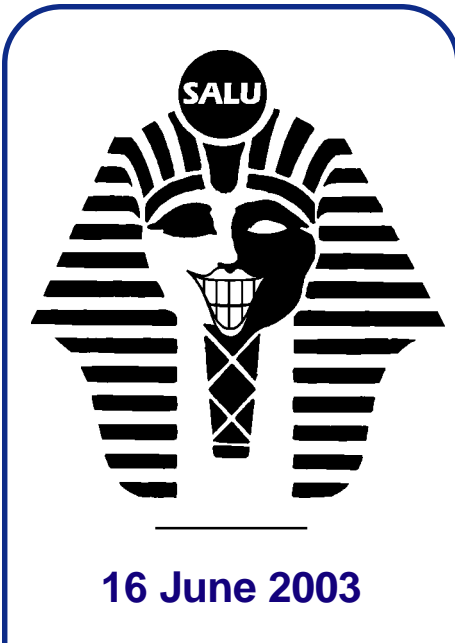
Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular event. New events added!

21-23 November—Shea Natatorium

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

Saluki Update 41



Saluki Swim Club

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 P.O. Box 3293
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 618-457-1103 (Saluki HQ)
 Office hours: 12:00 noon to 3:00p

Email: coach@swimsaluki.com
 Internet: www.swimsaluki.com

Next publication date: 30-Jun-03

Practice changes

- ▶ **27 June:** No AM practice.
- ▶ **28 June:** No practice. Bloomington Invitational.

"If there exists no possibility of failure, then victory is meaningless"
 —Robert H. Schuller



Got Caps?
T-shirts—Caps—Silicone Caps
 On the Saluki website

2003 Open Water Challenge

Little Grassy Lake in Carbondale offered its usual challenge to 22 open water racers on 14 June. Open Water veterans could not remember a race when the water was cooler than it was for this year's event. This worked in the athletes' favor. Although the day started out as a cloudy and rainy day, by race time the sun was shining and temperatures were climbing.

The 2003 course was redesigned to make it easier for spectators on shore to view most of the action. Each round of the course was 1500 metres and races were offered in distances of 1500m, 3000m and 5000m. Most agreed that this year's course was more compact, easier for safety boats to navigate, and, thanks to an ingenious way of marking corner buoys, easier for swimmers to see where they were on the course.

As usual the best part of the race (at least for this correspondent) was the catered lunch served after the event.

Results

GIRLS

1500 metres

Michelle Skwiot	SLSS	26:40.00
Cassy Cude	CRCY	27:36.00
Megan Adams	SALU	30:37.00
Molly Miller	SLSS	33:55.00
Caitlin McVey	SLSS	33:59.00
Emily Woods	SLSS	34:08.00

3000 metres

Jennifer Jerit	Master	55:40.00
Lindsey Kolar	SALU	59:22.00
Rebecca Kolar	Master	59:53.00
Jordan Berger	SLSS	1:07:43.00
Sandra Atwood	Master	1:37:01.00

5000 metres

Briley Bergen	USA	1:09:00.00
Kaitlin Adams	SALU	1:25:44.00

BOYS

1500 metres

Sam Weigley	CSP	23:41.00
Trevor Holm	CRCY	27:48.00
Blake Chapman	CRCY	34:08.00

3000 metres

Brian McVey	SLSS	58:25.00
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5000 metres

Andrew Langenfeld	CRCY	1:17:30.00
Markum Reed	SALU	1:23:02.00
Ben Frederiksen	UCSC	1:27:05.00
Jesse Winters	UCSC	1:36:00.00
Taylor Swyers	UCSC	1:37:10.00

Swim school sessions are underway

The 2003 version of the Saluki Swim School is in full swing. The first session is in its second week but registrations are still being taken for the remaining 3 sessions on 23 June, 7 July and 21 July. Classes are offered at both 5:00p and 5:45p. Registrations are taken until classes are filled.

Saluki is also offering technique sessions again this year. Although the butterfly session is already underway there are still a limited number of slots left for breaststroke, backstroke and freestyle.

Training notes

So far the new summer training scheme is going well. 39 athletes are training with Saluki for the summer session. The skills group is following a 9-week plan for working on various skills

Attending practice 6 to 11 times per week is not like anything most of you experienced previously. Completing these workouts successfully takes good planning and preparation. Part of the planning process is understanding the workout schedule and taking steps to assure that when you come to practice you are able to get the best benefit from it.

Training tips

Getting to practice is only the *first step* in a good training program. Once there, working effectively and honestly is the only way to get real benefit from your efforts. Here are some tips to help maximize your efforts:

- 1. Get proper rest.** Coming to 2 practices per day over a 5 or 6 day period is hard work. Come to practice prepared to work hard. The only way you can do this is to make sure you get enough sleep and by not overdoing it with other activities.
- 2. Drink plenty of water.** As we point out all year water is the single most important part of your diet. Drink lots of it and bring a water bottle to practice.
- 3. Have something sensible to eat before workout.** There's nothing worse than trying to workout on an empty stomach. A bagel or a *Power Bar* will keep hunger at bay until after the workout when you can have a full breakfast or dinner.
- 4. Solve problems.** Trouble with suits, goggles, Zoomers etc. are your problems and you must solve them. Showing up at every workout with the same problem is not acceptable.
- 5. Look forward.** Although it takes a certain level of focus to finish a workout well the purpose of the each workout is more long term. Keep focused on what the point of the training is: to perform as well as possible at end of season meets. Doing one or two workouts well throughout the season will not help us achieve this goal. Only focused and honest effort in every workout will pay off in the way we want it to.

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Senior Invitational (50m)

A team travel opportunity for older Group 'A' and 'B' athletes. Entered

27-29 June—Bloomington, IN

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

18-20 July—Shea Natatorium

Central Zone Championship (50m)

USA 'AAA' times required for this Ozark team trip.

6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular event. New events added!

21-23 November—Shea Natatorium

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
22	23	24	25	26	27 No AM practice	28 No practices
					BLOOMINGTON INVITATIONAL	



30 June 2003

Saluki Swim Club

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618-457-1103 (Saluki HQ)
Office hours: 12:00 noon to 3:00p

E-mail: coach@swimsaluki.com

Next publication date: 14-Jul-03

Practice changes

- ▶ **28 June:** No practice.
- ▶ **30 June:** No AM practice.
- ▶ **4-5 July:** No practices.

*“The reward of
anything well done is
to have done it.”*

—Vishnu Srinivasaraghavan



Got Caps?

T-shirts–Caps–Silicone Caps

On the Saluki website

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

Saluki Update 42

Swim school registration entering final stages

By the time this *Update* hits the Internet the only swim school classes with openings will be the 5:45 class in both the 7 July and 21 July sessions. If you want a spot in either of these classes it is important to register immediately.

Training notes

We are very pleased to note that the new summer session setup is going well. 39 athletes are participating in what for some is the most ambitious training regime we have ever offered. The long term benefit of focused participation will be seen in the months ahead.

Nutrition after practice

So far most of our notes about nutrition have dealt with the importance of eating something sensible before practice to avoid training on an empty stomach. At the end of a gruelling workout it is equally important to eat again, and in a more substantial way, so that the body can begin replacing energy used during the workout. For those who want to take a longer term view of what constitutes good nutrition check out the [Nutrition Tracker](#) on the USA Swimming website.

Long course for Group B

Beginning on 7 July, Group B swimmers who would like to get some long course training under their belts prior to the Ozark Championship are invited to attend long course training from 6:00-8:00a on Monday, Wednesday, and Friday. As with the afternoon practices athletes will need their SRC cards to enter and exit the building. This is a 2-hour workout with Group A swimmers and athletes should plan on staying the entire time.

Ozark Championship — Register NOW!

Saluki HQ has received several questions about the qualifying times for the Ozark Long Course Championship (Shea Natatorium, 18-20 July). The cut is the Ozark 'silver' standard but the youngest age group in the meet is 12 & under. Naturally this age group includes *all* swimmers under 13 but they must meet the published 11-12 year old silver standard in order to qualify for the meet. **Since there is no 10 & under age group in the meet the 10 & under standard does not apply.** The other age groups in the meet are 13-14 and 15 & over. All age groups will participate in the prelim/final format in the meet.

Registration is still open

The deadline to register for the Ozark Championship is Tuesday, 7 July. This is an Ozark championship meet and entry rules are very strict. The somewhat relaxed entry process used for other meets we host do not apply to this meet. Swimmers not registered by the 7th cannot be entered.

Zones

We expect that information on the 2003 Central Zone Championship will be posted on the Ozark website soon. This years meet is being held in Indianapolis at the IUPUI natatorium. Predictions are that over 2000 swimmers from all over the central U.S. will be participating.

Taking advantage of the four phases of your race

Editors note: This tip comes from P.J. Keller, Head Age Group Coach of Parkway Swim Club in St. Louis:

IF YOU'VE EVER TAKEN A TEST BEFORE, you might have heard the following advice, "Answer the easy questions first, and then move on to the hard ones." This same advice can be applied to each one of your races. If you were to measure your actual speed at varying points of a race, you would find that there are basically four phases. Phase #1 is during your start, as you are in the air. At this point you are moving faster than you ever will during the race. Phase #2 is as you hit the water off of your dive (as long as you have a clean entry and a tight streamline!). The third phase occurs after you push off the wall during a turn (again assuming that you have a great streamline). Finally phase #4, your slowest phase, occurs when you are actually swimming.

You must take advantage of your fastest phases. Too many swimmers are in a rush to pop right up and get to the slowest phase—swimming! By learning to enter the water in one "hole" and in a streamline, you take great advantage of your fastest phase. Learning to control that entry and carry it into a great breakout allows you to exploit your second fastest phase. Accelerating into the turn and coming off of the wall with an explosive push and great streamline means you'll swim a lot fewer yards in your slowest phase! However, staying underwater too long off the start and turn can make both of these phases incredibly slow. You have to be ready to swim at the optimal moment, taking full advantage (without overkill) of each phase.

Streamlines and a fast kick off the start and the walls can go a long way to making you a much faster swimmer. But you don't just wake up on Saturday morning, head down to the meet and suddenly have these great skills. You have to practice these little details every time you do a start or a turn in practice. Good habits are just as easy to develop as bad habits, and streamlining into an explosive kick is definitely a good habit.

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Ozark Championship (50m)

For athletes with Ozark "silver" times. Age groups include: 12 & under, 13-14 and 15 & over.

18-20 July—Shea Natatorium

Central Zone Championship (50m)

USA 'AAA' times required for this Ozark team trip.

6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August

New athlete evaluations

Held at Pulliam pool, 5:30p. Parents must accompany potential athletes. Minimum age to register for the competitive program is 6. Full information is available at the Saluki website.

2-3 September—Pulliam pool

Fall session begins

The Saluki 2003-04 season gets underway with the Fall session. Detailed registration information will be mailed to all 2002-03 athletes in early August.

4 September

Nashville Open

Held at the Centennial Sportsplex in the Tracy Caulkins pool this meet is always a popular way to kick off the short course season.

17-19 October—Nashville, TN

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular event. New events added!

21-23 November—Shea Natatorium

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 No AM practice	1	2	3	4 No practices	5 No practices
6	7	8	9	10	11	12



14 July 2003

Saluki Swim Club

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618-457-1103 (Saluki HQ)
Office hours: 12:00 noon to 3:00p

E-mail: coach@swimsaluki.com

Next publication date: 28-Jul-03

Practice changes

- ▶ **18 July:** No PM practice.
- ▶ **19 July:** No practices due to Ozark Championship.
- ▶ **21 July:** No AM practice.

*“Somewhere,
something incredible
is about to happen.”*

—Carl Sagan



Got Caps?

T-shirts–Caps–Silicone Caps

On the Saluki website

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

Saluki Update 43

The Ozark Championship (18-20 July)

With less than one week to go before the Ozark Championship, preparations are going smoothly. Psych sheets for all three days of the meet are available at the website. The listings allow athletes to see where they stand going into the competition and make plans for how they will move up in the ranking when all the swimming is done.

220 athletes will be attending the 3-day affair and although this is slightly less than planned for it is still enough to make for an exciting meet. Every one of the athletes attending are depending on Saluki and Gator to run the best meet possible. Some athletes will be focusing on achieving their first Zone cut (AAA time), others will be using it as a tune-up for Sectional or Zone meets, and still others will be using it as their ultimate meet of the season. All of them will need the best competitive conditions we can provide.

Workers still needed

No swim meet in history ever had enough workers and we still need volunteers to help with running the Championship. Please use the [online registration form](#) at the website to register to work.

Meet format

Because the format of most events is prelim/final and because only 220 swimmer are entered in the meet we are excited about the possibility that *most* Saluki will get to swim in the finals!

Training notes

With only one week to go before the Ozark Championship, 2 weeks for the SISL meet and 4 weeks to Zones and the end of the summer session, Saluki will be in full taper mode beginning this week. This means that swimmers will be sprinting more, resting more and continuing to drink lots of water.

Names on equipment

Athletes and parents are asked to make sure that every piece of equipment that is brought to practice has a name on it, especially Zoomers and fins. Swimmers who are not used to carrying fins around bring them to practice and then forget to take them home. This has happened more than once this summer. Some have been lucky and gotten the equipment back, others will never see it again. Names on all equipment will help the owner keep it.

Taper time is now in full swing!

The taper is upon us and for the next several weeks athletes will be encouraged to get as much rest as possible in preparation for their championship meets. Workouts are adjusted to get in just the right amount of aerobic, sprint and skill work to produce the best possible performances in the upcoming competitions.

The coaches want to emphasize that rest is built into the workouts for the next few weeks. Taking workouts off that a swimmer would otherwise be attending (especially on the day before a meet) to rest or “get ready” for the meet is a bad idea.

For athletes attending two workouts daily coaches will discuss changes to their schedule. For others no changes in attendance are necessary (although some should come more often but that’s another story). Here are some tips that parents can use to reinforce what athletes are hearing at practice:

Insist on rest. Athletes will be doing less intense work at practice and will therefore not be as tired during the day. This new found energy is unexpected and is sometimes used in nonproductive ways such as staying up late, going on 50-mile bike rides or spending all day in a friends backyard pool.

Focus on what's important. Getting ready for an ultimate athletic performance takes time and mental energy. Sometimes younger athletes need to be reminded about what they're working for.

Nutrition and hydration. Parents have more control over what their children eat and drink than they realize and they are also probably tired of hearing talk of proper hydration. But nothing could be more important to good athletic performance. In southern Illinois there is a constant need to drink during warmer months. Whether athletes want to drink or not doesn't matter, it has to be done.

Likewise, eating in the morning (prior to workout or before prelims) is usually considered an option by athletes. ("But Bill, I'm not hungry in the morning.") This amounts to little more than nutritional suicide. The body cannot function without fuel and although it may be able to *get by* in a school or office environment without breakfast it is impossible in a training or competitive situation. Bad prelim swims can frequently be traced to lousy nutritional preparation.

Nutrition and hydration are completely under the athletes control and poor swims because of improper pre-meet nutrition are inexcusable. They should never happen.

Website improvements

On 5 July SwimSaluki.com began a major structural and cosmetic overhaul. The site has outgrown the initial structure in which it was published and needed modification so that the tireless staff at Saluki HQ can continue to maintain it in an efficient manner.

We hope everyone likes the new "look" of the site but more importantly we hope visitors are able to find what they want a little easier. We huddled with real Information Technology experts after they analyzed the site and we were both surprised and pleased to learn that we were doing many things right. The IT guys did have some suggestions though regarding how we should go about making changes in certain areas. Many of you may have already noticed that a lot of the navigational "fluff" is gone. More changes are on the way.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18 No PM practice	19 No practices
					OZARK CHAMPIONSHIP	
20 OZARK CHAMPIONSHIP	21 No AM practice	22	23	24	25	26

Important Dates

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28 July 2003

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Office hours: 12:00 noon to 3:00p

E-mail: coach@swimsaluki.com

Next publication date: 11-Aug-03

Practice changes

- ▶ **31 July:** Last day of practice for Jedi groups
- ▶ **07 August:** Last practice. Summer session ends for Shea groups.

“There are no ordinary moments”

—Dan Millman



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 44

Saluki performs well at Ozark Championship

The recent Ozark Championship at the Shea Natatorium proved to be another great meet for Saluki. In addition to the highlights listed below the partnership with the Gator Swim Team enabled us to offer a top notch long course meet that many Saluki would not have been able to participate in had the location been different. So from that standpoint alone the meet was a tremendous plus for our club.

Additionally, since the meet was held indoors, swimmers were free from weather concerns and had the opportunity to take a crack at top performances. Consequently we had not only a plethora of best times but the most swimmers we have ever had in a finals session at a championship meet!

7 new records

Saluki had 3 athletes who teamed up to set 7 new records. In the 400 IM for 12 & under girls Elizabeth Bell cracked her own mark that she set in Cape Girardeau in May. Lindsey Kolar broke both of her own IM records for 13-14 girls. Bob Byars broke four of his own records in the 200 and 400 freestyles and the 100 and 200 backstrokes for 13-14 boys.

Zone qualifiers

Both Calvin Kolar and Charles Du qualified for the Central Zone Championship at the meet. 12-year-old Charles Du jumped from relative obscurity to national level performance with an NAG 'AAAA' time in his 50 fly! He also qualified in the 100 fly. 10-year-old Calvin Kolar got 'AAA' times in both his 50 and 100 breaststrokes. The young Kolar already had the 100 breast cut from the short course championship in March but his 50 time is a brand new long course qualifier.

First time 'A' swims

Saluki had numerous athletes who achieved their first 'A' standard in an event. Technically this standard puts them in the top 80% of swimmers throughout the United States but in reality it puts them in the top 80-85% of swimmers around the world. It's a milestone in a swimmers career and deserves mention:

- ▶ Abby Alecci - 50 and 100 free
- ▶ Elizabeth Bell - 400 IM
- ▶ Alison Carlson - 50 free
- ▶ Charles Du - 100 and 200 free, 50 breast
- ▶ Aaron Hvidston - 50 and 400 free, 100 fly
- ▶ Justin Hvidston - 50 free
- ▶ Calvin Kolar - 50 and 100 free, 50 back, 50 fly
- ▶ Markum Reed - 200 free
- ▶ Breein Rossi - 200 IM, 100 fly
- ▶ Taylor Tripp - 200 IM, 100 free, 100 back

Jedi sessions will end on 31 July other groups end on 7 August

Please note that the end of the summer session for the Jedi groups will be Thursday, 31 July. Swimmers training at Shea will have their last day of practice on Thursday, 7 August.



Racing team registration time is here

Registration packets for our 2003-04 competitive program will be mailed in early August to families who participated in the program last year. The packets will contain everything athletes need to register for the upcoming season. As usual there are some changes to how we do things and these will be explained in the information each family receives. **Registration forms and fees need to be returned to Saluki**

HQ by mail by Tuesday, 26 August.

Change in athlete registration fee—Now \$90 per child

One of the major changes that all families will notice immediately is the increase in the athlete registration fee and the way it is now charged. USA Swimming has increased the athlete membership charge by \$15 (to \$40) for 2004 and will continue to increase it by \$1 annually for the next 10 years. Since the USA membership is the largest portion of our club's athlete registration fee we increased our fee to reflect the new charges.

The Board of Directors also approved making the athlete registration fee a flat charge for each child joining the club. Previously we tried to reflect the family nature of the escrow accounts by charging a higher fee for the first child in a family (to establish the escrow account) and lower fees for each additional child. This was hard to keep track of and even harder to explain to new members. Each child will now be charged the same amount for registration fees and any additional money will be placed in escrow.

There is no fluff in this fee. Amounts that are not paid directly by the athlete registration fee (USA membership, equipment fees, etc.) are placed in family escrow accounts for use in paying entry fees, equipment fees, and other small charges that come up from time to time.

Meet registration will open on 15 August

If you've looked at the calendar on the website lately you have already noticed that we continue to add competitions to our schedule. Registration for invitational meets will open on 15 August. If you know you want to go to the Nashville (Oct) or the Paducah (Jan) meets register as soon as possible after the 15th! These meets fill fast and if we don't get our entry in quickly we will not be able to attend.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31 Last day of practice for Jedi!	1	2
3	4	5	6	7 Summer session ends!	8	9
ZONE CHAMPIONSHIP, INDIANAPOLIS, INDIANA						

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Central Zone Championship (50m)

USA 'AAA' times required for this Ozark team trip. Entered.

6-11 August—Indianapolis, IN

Summer session ends

Last day of training for the summer.

7 August

New athlete evaluations

Held at Pulliam pool, 5:30p. Parents must accompany potential athletes. Minimum age to register for the competitive program is 6. Full information is available at the Saluki website.

2-3 September—Pulliam pool

Fall session begins

The Saluki 2003-04 season gets underway with the Fall session. Detailed registration information will be mailed to all 2002-03 athletes in early August.

4 September

DUAL: Saluki at Centralia

We're kicking off the new season with a thrill-packed dual meet at Centralia. Bus transport will be provided from the SRC and back.

4 October—Centralia Rec Center

Nashville Open

Held at the Centennial Sportsplex in the Tracy Caulkins pool. This is always a popular early season meet. All age groups. **Registration opens on 15 August.** Don't miss it! We need to send our entry as soon as possible to get in the meet.

17-19 October—Nashville, TN

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. New events added!

21-23 November—Shea Natatorium



11 August 2003

Saluki Swim Club

P.O. Box 3293
Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)
Office hours: 12:00 noon to 3:00p

E-mail: coach@swimsaluki.com

Next publication date: 01-Sep-03

Practice changes

- ▶ No practices are scheduled until the Fall session begins on 4 September.

*“Viva la
mitochondria!”*

—Lance Armstrong



Got Caps?

T-shirts–Caps–Silicone Caps

On the Saluki website

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

Saluki Update 45

**ON 4 SEPTEMBER SALUKI CONTINUES ITS QUEST
FOR TOTAL WORLD DOMINATION!**

Don’t miss it...This could be the year!

Racing Team registration for returning swimmers is underway

Prepare for action! Registration material for the 2003-04 season for returning competitive members was sent out on 7 August. The packets contain all the information a family needs to get ready for the upcoming Fall training session and they were mailed to all families who participated in our competitive program last year.

In the last edition of the *Saluki Update* it was mis-reported that the registration deadline was Tuesday, 26 August. **The deadline is actually Wednesday, 27 August.** Athletes registered by that date will be able to start practice on opening day (4 September). Athletes whose registration forms are received after the 27th will be notified about what day they may begin training.

Meet registration is now open

Registration for all meets currently on our calendar is now open. We encourage all families to use online registration but we still offer the meet registration form (included with the registration packets). Families can also simply phone Saluki HQ and tell us which meets they would like to be entered in.

Registration for Fall Swim School is now open: Classes begin on 8 September

After a very popular summer session of lessons the Saluki Swim School is offering a new session of lessons for the Fall. Classes will be offered either once or twice per week depending on which classes one registers for. Because of limited space available in Pulliam pool once Racing Team practices get underway swim school classes are much smaller than the ones offered during the summer. **Early registration is recommended.**

Another change for the Fall session of lessons is that all classes are now offered by age and ability. Preschool classes are for children 3 to 5 years of age and Beginner classes are for 5- to 11-year-olds. No advanced classes are being offered in the Fall.

Online swim school registration is now available

By the time this *Update* hits the streets [online registration](#) for swim school classes will be up and running on the club website. Saluki Swim Club is using [PayPal](#) to handle its secure, online transactions. Families who take advantage of the online registration option can eliminate the hassle of dealing with mailing in registration forms and checks.

Deadlines set for class registration

There are also a few other changes that we have made in the registration process. First, no more pool-side registrations will be accepted. Registration must be done either online or by mail. There is no other way to register.

Second, we have set deadlines to register for each class. This will help us in determining staffing needs. The deadlines are listed both on the Internet and on the paper registration forms.

Meet calendar

Our meet calendar is always under review and subject to change but here is what we have so far for the 2003-04 season:

- ▶ 04 October – DUAL: Saluki at Centralia
- ▶ 17-19 October – Nashville Open, Nashville, TN
- ▶ 21-23 November – Carbondale 500, Carbondale, IL
- ▶ 05-07 December – Excel Invitational, Brentwood, TN
- ▶ 09-11 January – Swimfest, Paducah, KY
- ▶ 23-25 January – Memphis Invitational, Memphis, TN
- ▶ 06-08 February – Gator Great Times, Cape Girardeau, MO
- ▶ 14 February – Tri-State Invitational, Carbondale, IL
- ▶ 27-29 February – Ozark Championship, St. Peters, MO
- ▶ 04-07 March – Speedo Championship Series, Oklahoma City, OK

Full details on these meets are available on the club website. Other meets that we expect to schedule but are not on the list yet include dual meets with Paducah and Cape Girardeau and the curiously popular *Saluki IM Challenge*.

Central Zone Championship

Team Ozark pulled off an 8th place finish at the Central Zone Championship in Indianapolis, Indiana this past weekend. Charles Du, Lindsey Kolar, Bob Byars, and Brad Byars were all part of the Ozark squad and all turned in numerous best times. Full details regarding the performance of Saluki athletes at the meet are available on the club website.

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

New athlete evaluations

Held at Pulliam pool, 5:30p. Parents must accompany potential athletes. Minimum age to register for the competitive program is 6. Full information is available at the Saluki website.

2-3 September—Pulliam pool

Fall session begins

The Saluki 2003-04 season gets underway with the Fall session. Detailed registration information will be mailed to all 2002-03 athletes in early August.

4 September

DUAL: Saluki at Centralia

We're kicking off the new season with a thrill-packed dual meet at Centralia. Bus transport will be provided from the SRC and back.

4 October—Centralia Rec Center

Nashville Open

Held at the Centennial Sportsplex in the Tracy Caulkins pool. This is always a popular early season meet. All age groups. **Registration opens on 15 August.** Don't miss it! We need to send our entry as soon as possible to get in the meet.

17-19 October—Nashville, TN

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. New events added!

21-23 November—Shea Natatorium

Excel Invitational P/F

A team travel / taper opportunity for older swimmers.

5-7 December—Brentwood, KY

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
17	18	19	20	21	22	23



01 September 2003

Saluki Swim Club

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Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)
Office hours: 8:00-11:00a

E-mail: coach@swimsaluki.com

Next publication date: 15-Sep-03

Practice changes

- ▶ All practices for the 2003-04 season get underway on Thursday, 4 September. Athletes who are not registered cannot begin practices until they are registered.

“Let your mind go and your body will follow”

—Steve Martin



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 46

Saluki set to open new season

After a fabulous summer training session, great performances at both the Ozark Championship and the Central Zone Championship, and a long break, the Saluki Racing Team is ready to swing back into action for the 2003-04 season. Practices for swimmers who have already registered get underway on Thursday, 4 September.

In this issue of the *Update* we attempt to answer some of the key questions that new families may have about the club and how it operates.

How the season is organized

The sport of swimming is divided into essentially two ‘seasons’ per year. The short course season (September to March), and the long course season (March to August). At Saluki Swim Club we further divide these training seasons into *sessions*. This offers families the freedom to register for convenient parts of each season and thereby spread the total cost of participation over a longer period of time.

The Fall and Winter training sessions make up the short course season. Our Fall session runs from September through most of December and the Winter session goes from January to the end of the season. In 2004 the end of the season will be in early March.

The important distinction between seasons and sessions is that the season represents the total sports training period. The session is an artificial period of time created by the club for financial convenience.

Billing

Billing occurs on or around the 20th of each month. Bills are due and payable upon receipt. There have been changes to the club's [payment policy](#) for the upcoming season so we suggest you take a few minutes to read it.

Our competition calendar

The focal point of our program is competition and the Fall and Winter sessions are the busiest in terms of meets. In the coming months we will have more articles about meets and their significance to young athletes but right now the most important topic is probably how to get into and out of meets, and how to find information about meets.

Meet registration

Saluki participates in two types of meets. *Dual meets* involve our club and one other team. They are clearly marked as dual meets on the schedule. Other meets are *invitational meets*. Each has slightly different registration procedures.

Dual meets. We schedule dual meets with Cape Girardeau, Centralia and Paducah. These are one-day affairs and transport is provided if they are held out of town. We expect that all swimmers will participate in dual meets (except Jedi II swimmers who may not be ready for meets) so athletes are automatically entered in them. Swimmers unable to go to a dual meet need to *withdraw* from them. You can withdraw on the web by filling in the form on the meet

Saluki Swim School

Fall classes are still available

[Online registration](#) for Swim School classes is now open.

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

information page (accessed through the calendar page) or simply call Saluki HQ and tell us. Please do this 48 hours prior to the dual meet so that we will not be setting up relays with athletes who will not be at the meet. Dual meets are team activities more than anything else and we want to operate at full force.

Invitational meets. All invitational meets require positive registration. We will not enter athletes into an invitational meet unless they register for it. You can either register on the web (*recommended*) or call Saluki HQ and tell us to enter you in a meet. Simply telling a coach at practice to enter your child in a meet will not work. You may discuss your child's entry into a meet with a coach as much as you want but this will not get them entered. Web or phone registration are the *only ways* swimmers names will get on the entry list.

All meet information is available from the website calendar

You can always check to see what meets your child is registered for by clicking on the meet name from the calendar page at the club website. Until our entry is sent these pages contain a list of swimmers who will be entered when the entry is done. After the entry is sent to the meet host these pages will include the events that each athlete will swim. This information is useful at the meet so you might want to print the entry when it is published.

You will also find warm-up times, what days the different events are on, and, in some cases, directions to the pool and hotel information. If the meet host publishes the complete meet invitation in PDF format then that is also available. Keep in mind though that the complete invitation is intended more for club administrators and coaches than families attending the meet but sometimes the meet invitation has hotels and restaurants listed that our website does not. This is especially useful if some of the hotels have special rates for the weekend.

Use the web

The club uses the internet extensively for publishing information, probably more than any other club on earth. We strongly recommend that you check the website frequently. News and practice changes are on the front page of the site, meet information is linked from the calendar, and any news you might have missed is in the archive—where it remains for a year.

Over the years we have gotten better at anticipating what a new family will want and/or need to know but occasionally you will have to ask a question or two of the coaching staff, our Board of Directors, or other parents. The more you know about what's going on, the more rewarding the Saluki experience will be for you and your children.

Fall session begins

The Saluki 2003-04 season gets underway with the Fall session. Detailed registration information will be mailed to all 2002-03 athletes in early August.

4 September

DUAL: at Centralia

We're kicking off the new season with a thrill-packed dual meet at Centralia. Bus transport will be provided from the SRC and back.

4 October—Centralia Rec Center

Nashville Open

Held at the Centennial Sportsplex in the Tracy Caulkins pool. This is always a popular early season meet. All age groups. **Registration opens on 15 August.** Don't miss it! We need to send our entry as soon as possible to get in the meet.

17-19 October—Nashville, TN

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. New events added!

21-23 November—Shea Natatorium

Excel Invitational P/F

A team travel / taper opportunity for older swimmers.

5-7 December—Brentwood, TN

DUAL: Paducah

This meet is tentatively scheduled to be held at the Shea Natatorium.

13 December—Shea Natatorium

Swimfest (25m)

This is one of the most popular meets we attend for our younger athletes. **Registration needs to be done pronto!**

9-11 January—Paducah, KY

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 New athlete evaluations, Pulliam pool, 5:30p	3 New athlete evaluations, Pulliam pool, 5:30p	4 FALL SESSION BEGINS FOR PREREGISTERED SWIMMERS	5	6 Annual General Meeting, 10:15a, SRC Alumni Lounge
7	8 FALL SESSION BEGINS FOR NEW SWIMMERS	9	10	11	12	13



15 September 2003

Saluki Swim Club

P.O. Box 3293
Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)
Office hours: 8:00-11:00a

E-mail: coach@swimsaluki.com
Web: www.swimsaluki.com

Next publication date: 29-Sep-03

Practice changes

- ▶ As this Update is published there are no practice changes that we know of.

“Opportunities are often things you haven’t noticed the first time around”

—Catherine Deneuve



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 47

Prepare for action!

Saluki at Centralia, 4 October

Our first dual meet of the season will be held at the Centralia Recreation Center on Saturday, 4 October against the Barracudas. This is a team effort meet as are all dual meets and we hope as many swimmers as possible can attend.

All swimmers will be entered in the meet. In the unlikely event that an athlete cannot attend a dual meet please notify Saluki HQ at least 48 hours before the meet so we can set up accurate relay teams. You can do this either online by clicking the meet name from the calendar page and filling in the withdraw form or by calling Saluki HQ and leaving a message.

Transport provided

The club provides transport to all ‘away’ dual meets. The bus for the Centralia meet will leave and return from the SRC parking lot. A precise itinerary will be published in the 29 September edition of the *Update*.

Team uniform

The only piece of equipment that swimmers absolutely have to wear at a meet is a team cap. Team caps are available at the [Saluki Gear website](#) along with other team items. Both latex and silicone caps are for sale. It takes a few days for merchandise to reach customers so please order well in advance of when the equipment is needed.

Meeting set for new Saluki parents on 1 October

Our annual new parent meeting will be held on Wednesday, 1 October at Pulliam pool. The meeting will begin around 5:30p. This will allow parents of swimmers in the 5:00p groups as well as those beginning practices at 6:00p to attend. If you’re new to the club please try to attend. Coaches and Board members will be on hand to answer questions and further describe how the club works and what you might expect from your child’s participation in our program.

Ozark qualifying standard published

The qualifying standard for the 2004 Ozark championship meets was published in August. The times are available for viewing and printing on the club website in our Statistics section. Beginning with the 2004 standards a major philosophical shift is taking place. The formula that is used to calculate the standard each year will still be used but no times will be allowed to become slower. If the formula produces a slower time then that time is discarded and the time from the previous year is kept. By using this method 55% of the 2004 times got faster.

Swim school still has openings

Our swim school still has openings in most October classes. The deadline to register for these classes is 3 October. [Download a registration form](#) or [register online](#).

Registration for November classes is also open. We do not plan on having any swim school classes during December but will resume in January.

The Amazon connection

The Amazon logo appears on the club website to help defray the cost of our Internet operations. This includes domain name registration and host services. Please click their logo on our club site if you plan to buy anything from Amazon. The logo is a direct link to the Amazon site. By doing this the Saluki Swim Club will get a percentage of whatever your total purchase amount is. It costs you nothing extra and the club benefits.

Carbondale 500 will be upon us soon

The annual Carbondale 500 will be held this year from 21-23 November at the Shea Natatorium. This is our biggest event of the year with over 400 swimmers from all over the Midwest coming to Carbondale for a weekend of competition. This is also our 'all hands on deck'—Parent Work Requirement—meet for the fall. The meet director and/or the meet coordinator will be contacting families soon to see what positions they would like to work at for the meet. Early in October families will also be able to register to work online.

The meet gets its name from the 500 freestyle event offered on Friday night. Usually over 200 swimmers enter the event making it the largest field of 500 yard swimmers ever assembled in one meet.

Athlete sign-ups for this meet

Parents must keep in mind that even though we are hosting this meet our own athletes are not automatically registered for it. Automatic registration only happens with dual meets and the Carbondale 500 is certainly not a dual meet. As with all invitational meets positive registration is required either by registering at the website or by giving Saluki HQ a call and telling us you want to be in the meet. The deadline to register for this meet is Monday, 10 November.

Meet format changes

This year we are planning on several interesting meet format changes. The first is that we are now scoring all events that are 200 yards long or longer and the top three teams at the end of the meet will receive a meet award. This will encourage team efforts in events that have a high developmental value for age group athletes. As far as we know this will be the first time that a scoring scheme like this has been tried.

We have added the 400 IM in both the morning (12 & under) and afternoon (13 & over) sessions. This is in response to several requests we have received over the past few years.

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

New Parent Meeting

If you're new to the club or if you'd just like to hang around and act knowledgeable this is the meeting you want to be at.

1 October—Pulliam pool

DUAL: at Centralia

We're kicking off the new season with a thrill-packed dual meet at Centralia. Bus transport will be provided from the SRC and back.

4 October—Centralia Rec Center

Nashville Open

Held at the Centennial Sportsplex in the Tracy Caulkins pool. This is always a popular early season meet. All age groups. **Entered.**

17-19 October—Nashville, TN

Annual Halloween Party

Once again the social event of the season will take place at Pulliam.

30 October—Pulliam pool

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. The deadline to register is Monday, 10 November.

21-23 November—Shea Natatorium

Excel Invitational P/F

A team travel / taper opportunity for older swimmers.

5-7 December—Brentwood, TN

DUAL: Paducah

This meet is tentatively scheduled to be held at the Shea Natatorium.

13 December—Shea Natatorium

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
21	22	23	24	25	26	27



29 September 2003

Saluki Swim Club

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Office hours: 8:00-11:00a

E-mail: coach@swimsaluki.com
Web: www.swimsaluki.com

Next publication date: 13-Oct-03

Practice changes

- ▶ **4 October:** No practice due to Saluki at Centralia dual meet.

“Carpe Mañana”

—Bill Price



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 48

Saluki set for Centralia match-up

This Saturday, 4 October, the Saluki Racing Team will be in action at Centralia in the first dual meet of the 2003-04 season. We will be traveling by bus to the Centralia Recreation Complex and then back to Carbondale after the meet. The cost for the bus is about \$5/person which will be charged to escrow accounts. There are no other charges for dual meets.

Itinerary

We’re hoping to have a few parents travel on the bus with the team as chaperones.

- ▶ 7:45a: Bus leaves from behind the Student Recreation Center. Please be on time. Swimmers should eat breakfast before getting on the bus.
- ▶ 10:00a: Warmup at Centralia.
- ▶ 10:45a: Meet starts.
- ▶ 3:00p: Racing Team arrives back at the Student Recreation Center. This is an estimated time. Please call Saluki HQ after 2:00p to get a message about a much more accurate arrival time.

All Saluki are entered

All swimmers will be entered in this meet unless they have let the coaching staff know that they will not be able to attend. Dual meets are team events. More than any other meet we attend, benefits the club derives from the dual meets depend on swimmer participation. The best way to withdraw from a dual meet (if you absolutely have to) is to fill in the withdrawal form on the website. These forms are sent directly to Saluki HQ. Please try to do this 48 hours before the meet.

For our new swimmers the dual meets will offer a fun and short introduction to what USA Swimming is all about. For our older swimmers the meets will provide a fun and challenging competitive experience.

What to bring

Saluki athletes will need to bring all swimming gear, a water bottle, and a snack. There is a small snack bar at the Recreation Complex in Centralia. Swimmers also need a Saluki Racing Team cap. These are available only from the [Saluki Gear](http://www.salukigear.com) website.

New Saluki parent meeting

On Wednesday, 1 October, there will be a meeting for parents who are new to the Saluki program. The meeting will start around 5:30p to make it easy for families with children in the 5:00p or 6:00p groups to attend. We learned a long time ago that there are certain things or concepts that can only be learned through experience but to give the process a good kick-start it helps to get a broad overview of what our sport is and how it is organized.

Volunteer opportunities

One of the topics that will be discussed at the parent meeting is the plethora of volunteer opportunities available in our sport. Other than coaches, very few people are actually ‘paid’ to administer the sport, run meets, and keep teams organized. Saluki has many jobs that depend entirely on volunteers to get them

done. These include serving on the Board of Directors, helping organize the meets we host at Shea, and becoming certified swimming officials. This last requires specialized training and is absolutely vital to the long term success of the club.

Officials training during Carbondale 500

Ozark has scheduled a training session for stroke and turn officials that will be held during the Carbondale 500 in November. This is a perfect opportunity to begin the process of officials certification.

TiVo device is back!

We started using a TiVo device last spring as a training aid and then the owner took it with him when he moved in June. We now have a new TiVo gizmo available at the Shea pool and we hope to be using it frequently. It was bought in conjunction with the University team who use it primarily for their divers training.

During the week we will probably be using it mostly for reviewing starting technique but at Saturday practices we will also be using it for underwater analysis of stroke technique.

Speedo Tip of the Week by Dr. Suzie Tuffey-Riewald

I want you to picture a staircase in your mind, one with many, many steps leading to the top. Can you see it?

The very top of the staircase is your long-term goal; it represents where you want to be as a swimmer years from now - swimming on a college team or qualifying for Nationals, for example. Each stair leading to the top represents the small goals you set along the way.

Most athletes think of these short-term goals as being faster times, such as your breakthrough swim or getting an "A" time. But, these goals can also relate to others areas you want to improve in such as technique (bilateral breathing, turn, or stroke rate), dryland training (crunches, bench press) or mental skills (self-talk, concentration).

Each time you achieve one of these short-term goals, you are a step closer to your long-term goal. You need to congratulate yourself for working hard to reach the goal. But, look at all the other "steps" (goals) that you still have ahead of you. Each goal gives you something new to focus on, something to train hard to achieve.

Every day before practice ask yourself this question, "What am I going to work on today to make myself a better swimmer?" This is what you need to work on to have your next breakthrough swim.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 New Saluki parent meeting, Pulliam pool, 5:30p	2	3 Registration deadline for October Swim School classes	4 SALUKI AT CENTRALIA Bus leaves SRC parking lot at 7:45a
5	6	7	8	9	10	11

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

New Parent Meeting

If you're new to the club or if you'd just like to hang around and act knowledgeable this is the meeting you want to be at.

1 October—Pulliam pool

DUAL: at Centralia

We're kicking off the new season with a thrill-packed dual meet at Centralia. Bus transport will be provided from the SRC and back.

4 October—Centralia Rec Center

Nashville Open

Held at the Centennial Sportsplex in the Tracy Caulkins pool. This is always a popular early season meet. All age groups. **Entered.**

17-19 October—Nashville, TN

Annual Halloween Party

Once again the social event of the season will take place at Pulliam.

30 October—Pulliam pool

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. The deadline to register is Monday, 10 November.

21-23 November—Shea Natatorium

Excel Invitational P/F

A team travel / taper opportunity for older swimmers.

5-7 December—Brentwood, TN

DUAL: Paducah

This meet is tentatively scheduled to be held at the Shea Natatorium.

13 December—Shea Natatorium



13 October 2003

Saluki Swim Club

P.O. Box 3293
Carbondale, Illinois 62902
618-457-1103 (Saluki HQ)
Office hours: 8:00-11:00a

E-mail: coach@swimsaluki.com
Web: www.swimsaluki.com

Next publication date: 27-Oct-03

Practice changes

- ▶ **13 October:** No Swim School classes because of Columbus Day. All Racing Team practices will be held following the normal schedule.
- ▶ **17 October:** No SRC PM practice due to the Nashville meet.

“With God as my witness I thought turkeys could fly.”

—Arthur Carlson



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 49

Dates for the Paducah Swimfest have been changed to 2-4 January. Families who cannot attend must withdraw immediately!

The dates for one of the most popular meets on our calendar have been changed. The Paducah Swimfest will now be held 1 week earlier (2-4 January) than was published originally. We realize that for many Saluki families this is in the middle of the holiday season and that they may not want to attend the meet on the new date. In this case we ask that families who do not want to be entered in the meet on the new date notify us immediately either by filling in the form on the meet registration page at the website and clicking on the “Take me out of this meet” button, or by calling Saluki HQ and telling us not to enter you.

We expect that we will receive the meet information any day now and we will use the entry list posted on the website to compile our entry. We realize that the list includes athletes and families who registered for the later dates but these people **WILL BE ENTERED** unless they indicate to us that they don’t want to be entered. Once we send our entry it will be too late to withdraw. That is why immediate action is required.

Remember: Meet charges are owed whether you actually attend a meet or not. Once you are entered the charges are owed.

Paducah hotel reservations

If you want to stay at the Executive Inn for the Paducah Swimfest you will have to wait before you can make a reservation. Until the meet director accepts our team entry no reservations will be accepted by the hotel. Of course, if you want to stay at another hotel you can make reservations anytime you want.

Using the Ozark database

There is a link to the Ozark Times Database (OTD) on our website and it’s a good bet that many people don’t really know what it’s for. Ozark Swimming (of which Saluki Swim Club is part) maintains a database of all times for Ozark club athletes. Any swimmer from an Ozark club who has ever been in a meet can find results in the OTD. When you search for times you can get all times for a particular swimmer in the database or just best times. It’s a very useful tool.

Fall registration deadline is 29 October

The last day to join the Saluki Fall session is Wednesday, 29 October. After that date the next time athletes can join the program will be for the Winter session in January.

USA Sectional meet is long course in Spring 2004

Coaches from around what used to be called Region 8 voted recently to run the Spring USA Sectional Championship in a long course format. Normally the meet would be short course. The meet, set for Oklahoma City next March, can now be used to qualify for the US Olympic Trials which require a long course qualifying time. It is from the Trials meet that the 2004 US Olympic Team will be selected.

Halloween party scheduled for 30 October at Pulliam

Our annual Halloween party will once again be held at Pulliam pool. This year the party will be on Thursday, 30 October. There will not be any Pulliam practices on Friday, 31 October. Full details will appear in the next *Update*.

Officials training and 2004 Ozark registration

In the last *Update* (#48) we announced that a USA Swimming Officials certification course would be offered during the Carbondale 500 in November. This course is designed to train new stroke and turn officials—the first step toward becoming a fully certified USA official. The more officials we have in our club the better we are able to conduct competitions at the Shea Natatorium.

The club pays for training and certification

One thing that was not mentioned in the last *Update* is that the club reimburses those who take the course and become certified. This payment usually takes the form of a credit on bills. The annual registration fee for non-athlete members of USA Swimming is \$45. At press time we are not sure what the cost of the course is. Both fees, though, are covered by the reimbursement.

Practice notes

Some swimmers still do not have the minimum bits of equipment needed for practice. All swimmers need their own pair of goggles, a cap, and a water bottle. As happens every year some younger swimmers are reluctant to wear a cap. Swimmers with long hair need a cap—it is not an option. Attempting to swim with long hair flying all over the place interferes with just about every important skill we are trying to teach. It's almost as bad as trying to practice in jeans and a long sleeved shirt. Most of our athletes need caps!

Test sets

After getting the first few weeks of practice under our belts it was time to hold the first series of test sets for the SRC groups. The first test, held earlier this week, was 8 x 100 freestyle at 3:00, going for a best average. Check out the statistics section on the website and you will see that the results were surprisingly good.

Q-times

In a week or so we will have a list of Ozark championship qualifiers posted on the website. This list will be updated after every meet. We encourage athletes and parents to check the list frequently. Remember the ages of the swimmers on the list are adjusted to reflect the athletes age *at the championship meet*.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 No Swim School classes	14	15	16	17 No SRC PM practice	18
					NASHVILLE MEET	
19	20	21	22	23	24	25
NASHVILLE						

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Nashville Open

Held at the Centennial Sportsplex in the Tracy Caulkins pool. This is always a popular early season meet. All age groups. **Entered.**

17-19 October—Nashville, TN

Annual Halloween Party

Once again the social event of the season will take place at Pulliam.

30 October—Pulliam pool

Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. The deadline to register is Monday, 10 November.

21-23 November—Shea Natatorium

Excel Invitational P/F

A team travel / taper opportunity for older swimmers.

5-7 December—Brentwood, TN

DUAL: Paducah

This meet is tentatively scheduled to be held at the Shea Natatorium.

13 December—Shea Natatorium

Swimfest (25m)

This is one of the most popular meets we attend for our younger athletes. **Registration needs to be done pronto! Note date change!**

2-4 January—Paducah, KY

Memphis Invitational P/F

Another team travel opportunity for older swimmers.

25-27 January—Memphis, TN

Great Times Invitational

For groups 2, 3, 4 and 5. This is always a good meet for us.

6-8 February—Cape Girardeau, MO



27 October 2003

Saluki Swim Club

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Next publication date: 10-Nov-03

Practice changes

- ▶ **30 October:** Annual Halloween party at Pulliam. Children will be dismissed early on this night.
- ▶ **31 October:** No Pulliam practices due to Halloween.
- ▶ **08 November:** No practice due to college meet.

“Look for low and away...but watch out for in your ear!”

—Shoeless Joe Jackson



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 50

Saluki perform well in Nashville

The Centennial Sportsplex in Nashville, Tennessee was the site of the annual Nashville Open over the weekend. 15 Saluki participated in what is usually the first big test of the season.

Although it's early in the season some very good performances were turned in by all athletes. “We want to race intelligently,” noted Saluki coach Bill Price. “For our younger swimmers this means being ready for their events, rehearsing turns and finishes in their heads before they actually do them, and if they find themselves in a race they stay in it. Older athletes should be shooting for smart pacing and aggressive racing. We had all of this over the weekend and it's a great way to get the season started.”

First time 'A' swims

Saluki had 5 athletes who turned in first time 'A' swims in some events:

- ▶ Charles Du: 100 breast and 100 back for 11-12 boys
- ▶ Joyce Du: 100 breast for 11-12 girls
- ▶ Alex Halbrook: 400 IM for senior boys
- ▶ Aaron Hvidston: 50 fly, 100 free and 100 fly for 11-12 boys
- ▶ Taylor Tripp: 100 IM, 100 back and 100 free for 11-12 girls

The last two meets we participated in (Centralia and Nashville) both revealed significant improvement in a number of swimmers. While it wouldn't be quite accurate to say that some of the swimmers who showed this improvement were struggling prior to these meets we can say that the scope of the improvement was unexpected. The point is that you never know when effort will pay off in sport but everything we do at practice is in preparation for the day when opportunity and training meet to produce the long term rewards.

Halloween party on Thursday, 30 October

The big social event of the Fall will be held at Pulliam pool this coming Thursday with the 75th annual Saluki Halloween party. We are planning on some relays, and pizza and pop afterwards. The party begins at 5:30p and will wrap up around 7:00p. Please note that this is earlier than our normal dismissal time. Parents are asked to be prompt in collecting their children after the party.

No Pulliam practice on Friday

Our experience over the past several years is that our Halloween practices are not attended well. Because of this we cancel practices at Pulliam pool on Halloween. There will not be practice for any Pulliam groups on Friday, 31 October. SRC practice groups will meet as normal on Friday.

The Saluki mail list: Are YOU on it?

Saluki Swim Club relies heavily on the Internet for communications, publishing, and general day to day operations. One of the most important parts of our communications scheme is the e-mail list we use for our fortnightly missives heralding the publication of each *Update* and containing other immediate and curiously interesting information. If you are in the club and are not receiving these e-mails then you may be missing essential information. If you have more

than one e-mail address it may be to your advantage to have the club e-mails sent to all of them.

Although the information in the e-mails is mainly for club members or swim school families anyone can be on our e-mail list. Club affiliation is not necessary and we sort of like the idea of communicating with a world wide audience. So tell your friends and neighbors to sign up for the list (please don't sign them up yourself).

Registration for the Carbondale 500 will close soon

Time is running out for athletes who have not yet registered for the Carbondale 500 next month at Shea. The Saluki registration deadline for this meet is Monday, 10 November. Registration for other teams is already closed. In fact, entry into the meet closed less than 48 hours after the invitation was published. This is the earliest the meet has ever filled. Over 500 athletes from all over the Midwest will be joining us for what is traditionally a very good meet.

Worker sign-up on going

This is a *Parent Work Requirement* meet. Parents who have not yet registered to work are urged to do so as soon as possible. Workers are especially needed for the afternoon sessions. Online worker registration is available on the Saluki website.

Officials training

As we mentioned in the last *Update* there will be an officials training session for new officials during the Carbondale 500. Upon successful completion of the course newly certified officials will be able to work as stroke and turn officials at USA meets.

Swim school registration deadline is this Friday for November classes

Registration for the final round of Fall swim school classes closes on Friday, 31 October. A new schedule of classes offered during the Winter session will be published in mid-November.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30 Halloween party at Pulliam, 5:30-7:00p	31 No Pulliam practices	1
2	3	4	5	6	7	8 No practice due to high school and college meets at Shea

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Annual Halloween Party

Once again the social event of the season will take place at Pulliam.

30 October—Pulliam pool

Carbondale 500

Our biggest event of the year! Over 500 swimmers from all over the world will join us for this popular meet. The deadline to register is Monday, 10 November.

21-23 November—Shea Natatorium

Meet of Champions P/F

A team travel / taper opportunity for older swimmers. Hosted by Excel Aquatics.

5-7 December—Brentwood, TN

DUAL: Paducah

This meet is tentatively scheduled to be held at the Shea Natatorium.

13 December—Shea Natatorium

Swimfest (25m)

This is one of the most popular meets we attend for our younger athletes. **Entered**

2-4 January—Paducah, KY

Memphis Invitational P/F

Another team travel opportunity for older swimmers.

25-27 January—Memphis, TN

Great Times Invitational

For all groups. This is always a good meet for us.

6-8 February—Cape Girardeau, MO

Tri-State Invitational

For all groups. This is the culminating meet for our dual meet league. We expect teams from Centralia, Cape Girardeau and Paducah to join us for this one-day meet.

14 February—Shea Natatorium



10 November 2003

Saluki Swim Club

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Next publication date: 24-Nov-03

Practice changes

- ▶ **15 November:** Practice will end at 11:15a due to college meet on the same day.
- ▶ **21 November:** No PM practices for any group due to Carbondale 500.
- ▶ **24 November:** No AM practice.

*“It is better to plan less
and do more.”*

—William Channing



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 51

SPECIAL CARBONDALE 500 ISSUE!
**EVERYTHING YOU NEED TO KNOW FOR OUR
BIGGEST MEET OF THE YEAR!**

530 athletes coming to Shea for Carbondale 500

The next time this Update is published we hope to be regaling readers with wonderful reports of Saluki athletes at our annual November meet, the Carbondale 500. Until then however we have to prepare to host over 18 teams and 530 athletes from all over the Midwest for the popular 21-23 November competition.

Although the event list has changed slightly from last year the 500 freestyle is still being offered on Friday night with 220 swimmers currently registered. With scratches the total number of swims in the 500 freestyle will be slightly lower but it is still the largest field of competitors in the popular middle distance event anywhere in the world!

Here is the schedule for the weekend. The times listed below are when the *athletes* need to be present. Parent workers should report for work 15 minutes prior to the beginning of the meet.

Friday

All swimmers: Warm-up: 4:30p, Meet starts: 5:30p

Saturday and Sunday

12 & under swimmers: Warm-up: 7:00a, Meet starts: 8:00a

13 & over swimmers: Warm-up: 12:30p, Meet starts: 1:30p

Note: Parents please be sure to have children at the pool in plenty of time for them to get ready for warm-up.

Parent workers

This is the largest event that the club hosts each year and full participation from parent workers will assure that the event runs smoothly. Swimmers from all over the Midwest will be counting on our usual great racing conditions. If you haven't already registered to work please do it before the 15th!

Carbondale 500 Technical Bulletin and psych sheets will be published

The meet's technical bulletin, the equivalent of the Rosetta Stone for meet management junkies, will be published on Wednesday, 12 November. The bulletin will list important meet info such as time lines, check-in procedures etc. for the meet. It is aimed primarily at visiting teams and officials working the meet, but will be available in PDF format to anyone who wants to download it.

The full psych sheet for the meet will be published in HTML format on Wednesday. Both the technical bulletin and the psych sheet will be available at the club website.

The Rec Sports Shop is now open and taking orders for Saluki logo items

The Student Recreation Center has added its version of a “pro shop” on the second level of the SRC. The Rec Sport Shop is now open and sells a variety of University logo items and general athletic gear including swimming equip-

ment. Both competitive and fitness swimmers will like being able to finally purchase hard to find items locally. The shop will carry various kinds of swim suits, goggles, etc. It will also be open for business during the meet next weekend.

Rec Sport Shop taking orders for club logo items

The Rec Sport Shop is also taking orders at special group order prices for Saluki club items. An order form is available by [clicking here](#) or by downloading the form from the club website. Anyone interested in ordering suits, sweat shirts, jackets, etc. with the club logo should fill in a form and bring it to the Rec Sport shop by 23 November. Group order prices are only good until that date. Items ordered by the 23rd will arrive before Christmas.

Make hotel reservations for Paducah Swimfest

Our entry for the Paducah Swimfest (2-4 January 2004) has been accepted by the host club and Saluki families can now make reservations at the meet hotel, JR's Executive Inn, 270-443-8000. Tell the reservations clerk that you are coming for the 2004 Swimfest and what team you are with. Families do not have to stay at the Inn but it makes the whole weekend a lot easier in terms of travel. The hosts and the hotel are planning several activities for the swimmers on Saturday evening following the meet.

Saluki Halloween party another huge success!

If you weren't able to attend the club's annual Halloween party at Pulliam you missed another spooky but successful affair. Special thanks go to Becky Kolar, Eileen Walker, and Glenna Tripp for organizing the bash. The web story about the party is in the news archive (October) at the club website. There are also a few pictures there that were taken by club president Lyle White.

Carpe Mañana

(before it seizes you!)

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15 Practice will end at 11:15a due to college meet: Drury at SIU.
16	17	18	19	20	21	22
					Carbondale 500	

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Carbondale 500

Our biggest event of the year! Over 500 swimmers from all over the world will join us for this popular meet. **Entered**

21-23 November—Shea Natatorium

Meet of Champions P/F

A team travel / taper opportunity for older swimmers. Hosted by Excel Aquatics. **Entered**

5-7 December—Brentwood, TN

DUAL: Paducah

This meet is tentatively scheduled to be held at the Shea Natatorium.

13 December—Shea Natatorium

Swimfest (25m)

This is one of the most popular meets we attend for our younger athletes. **Entered**

2-4 January—Paducah, KY

Memphis Invitational P/F

Another team travel opportunity for older swimmers.

25-27 January—Memphis, TN

Great Times Invitational

For all groups. This is always a good meet for us.

6-8 February—Cape Girardeau, MO

Tri-State Invitational

For all groups. This is the culminating meet for our dual meet league. We expect teams from Centralia, Cape Girardeau and Paducah to join us for this one-day meet.

14 February—Shea Natatorium

Ozark Championship P/F

The **Big One** for most Saluki athletes. Ozark Q1 standards are required.

27-29 February—St. Peters, MO



24 November 2003

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Next publication date: 08-Dec-03

Practice changes

- ▶ **24 November:** No AM practice.
- ▶ **27-29 November:** No practices due to the Thanksgiving holiday.
- ▶ **04-05 December:** No SRC practices. Group 4 and 5 athletes should go to Pulliam at 6:00p.
- ▶ **08 December:** No AM practice.

*“Learn it, love it,
live it”*

—Rush Limbaugh



Got Caps?

T-shirts—Caps—Silicone Caps

On the Saluki website

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

Saluki Update 52

Be not afraid of growing slowly. Be afraid only of standing still.

If one were to ask what the most important ingredient to a successful athletic performance was I would have to say patience. This past weekend we witnessed not only seasoned athletes and novice competitors in action, but also the exciting group in between the beginners and veterans; the group for whom things are just starting to ‘click’. This is the group of swimmers who, when they finish their race, cause the coach to wonder, Where did that come from?

Throughout my coaching career I’ve learned a lot of things about sport, kids, their parents, and myself. Two things stand out most of all though that encapsulate what it really takes to be a good athlete—the secret of life in age group sport:

Repeticio Mater Studiorum

The first is that *repetition is the mother of learning*. During one of the warm-up sessions this weekend I heard another coach asking a swimmer why he had to tell him the same things *every* day. I knew exactly how that coach felt. Why do we (coaches, parents, teachers) have to repeat ourselves so much? Why should we?

We should because no one knows when hearing something repeatedly or practicing it over and over is finally going to have the desired effect. A toddler learning to talk knows what they’re trying to say they just can’t say it yet. Adults recognize the attempt at communication—apparent sentence structure, the child looking at you while making noises—but don’t understand the words because the child can’t control speech which is a motor function similar to a flip turn. Through repeated attempts children learn to talk just as they will learn to do butterfly if given enough instruction and opportunity to practice.

Once skills are learned they have to be available to the athlete when needed. Repetition provides this availability. Many athletes mistake possible with probable, thinking that since they can do a skill correctly it will be there whenever they need it even though they never practice the skill unless a coach makes them. Under controlled conditions at practice most swimmers can do turns fairly well but during warm-up and other parts of a workout they rarely try them. The *repeticio* is missing. So at meet time the flip turn, if it’s attempted at all, is usually a disaster. So while it’s possible for the child to do a turn he probably won’t be successful without constant repetition.

Carpé Mañana

The second thing is summarized in the pop phrase *carpé mañana*—seize tomorrow. But just as we don’t know when skill repetition will pay off we don’t know when *tomorrow* will come. It could be next weekend or next year. The point is to be ready when it shows up. Be willing to do what needs to be done today to be ready for tomorrow.

This brings me back to patience. Over the past 6 months we have all witnessed performance breakthroughs as a result of long term participation. We can’t pinpoint who will have these breakthroughs but we know they will occur. We saw them last July at the Ozark Championship, we saw them last weekend at the Carbondale 500, and we will see them again in the coming months. They’re inevitable *if* we are willing to prepare for them and then wait.

It's time to reregister for the Winter session

On Wednesday, 26 November, reregistration for the Winter session will begin. Families currently participating in our Fall session can register for the Winter session at the club website. Reregistration is necessary so that we know how many athletes we can accept into the competitive program during the next round of evaluation days.

Christmas Shopping on Amazon

Please try to remember that if you click through to Amazon.com from the link on the Saluki website then the club gets a percentage of your total purchase amount. We use this revenue to help pay Internet expenses such as access and hosting costs.

IM Challenge scheduled for 13 December

The dual meet that was scheduled with Paducah on 13 December has been changed to the Saluki IM Challenge. All Saluki are encouraged to attend. It will give our younger athletes a chance to race all four strokes before the end of the Fall session and it will give our older athletes the opportunity to race distances they don't see in meets anymore.

The IM Challenge consists of 4 events (50 yards of each stroke) with the times added together and subtracted from the athlete's actual IM time. The greater the difference the better. The meet also gives us a more complete list of 50 yard times for each athlete which always comes in handy when setting up relays.



Carbondale 500 is the best ever!

With over 500 athletes in attendance the 2003 Carbondale 500 went off without a hitch. This was due solely to the combined efforts of many parents and officials. Many visiting teams complemented us on how well the meet was run.

Our local athletes also turned in great performances. A full report is available on the website along with a complete list of records, results, and other interesting notes regarding this past weekend.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 No AM practice	25	26	27 No practices	28 No practices	29 No practices
				Thanksgiving holiday		
30	1	2	3	4 No SRC practice. Athletes should go to Pulliam at 6:00p	5 No SRC practice. Athletes go to Pulliam at 6:00p	6
				Meet of Champions		

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Meet of Champions P/F

A team travel / taper opportunity for older swimmers. Hosted by Excel Aquatics. **Entered 5-7 December—Brentwood, TN**

IM Challenge

This meet replaces the dual that was scheduled with Paducah.

13 December—Shea Natatorium

Swimfest (25m)

This is one of the most popular meets we attend for our younger athletes. **Entered**

2-4 January—Paducah, KY

Memphis Invitational P/F

Another team travel opportunity for older swimmers.

25-27 January—Memphis, TN

Great Times Invitational

For all groups. This is always a good meet for us.

6-8 February—Cape Girardeau, MO

Tri-State Invitational

For all groups. This is the culminating meet for our dual meet league. We expect teams from Centralia, Cape Girardeau and Paducah to join us for this one-day meet.

14 February—Shea Natatorium

Ozark Championship P/F

The **Big One** for most Saluki athletes. Ozark Q1 standards are required.

27-29 February—St. Peters, MO

Sectional Championship (50m)

Senior level championship meet. Qualifying times required.

4-7 March—Oklahoma City, OK



08 December 2003

Saluki Swim Club

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Next publication date: 22-Dec-03

Practice changes

- ▶ **13 December:** No practices due to the IM Challenge.
- ▶ **19 December:** Last day of the Fall session. Please reregister for the Winter session now.

Note: AM practices will not resume until January.

*“Not all who wander
are lost”*

—J.R.R. Tolkien



Order by the 21st for Christmas!
T-shirts–Caps–Silicone Caps
On the Saluki website

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

Saluki Update 53

Saluki IM Challenge is this weekend!

The first Saluki IM Challenge, held last March between the end of the regular season and the Ozark Championship, will be staged again at the Shea Natatorium on Saturday, 13 December. The meet consists of four 50s (one of each stroke) with each athlete's times added together and compared with their actual IM time. The biggest difference determines the winner.

Warmup for the meet will begin at 11:30a with the meet starting promptly at 12:00 noon. Since the Student Recreation Center will not be open at its regular time on that day (it's graduation weekend) every person concerned with the meet must be at the lower level door by 11:20a so that one of the coaching staff can open the doors. After that time there will be no way to get inside. Also, once inside the SRC no one can leave until the meet is completed right at 1:00p which is when the building is scheduled to open that day.

We need your help

As with any meet we host we will need help to run the IM Challenge. Fortunately it is on a much smaller scale than the recently completed Carbondale 500. We will need timers, an official or two, and a computer operator. We expect the whole operation to take less than 90 minutes with the meet itself being completed in under an hour. This will be a great way to finish the Fall session and get some times on swimmers who have not yet had an opportunity to swim these shorter events.

Please register your child for the meet!

This meet requires preregistration so please [click here](#) and register your child if you haven't done it already. There are no entry fees for this meet.

Information about the Saluki Winter session

The Saluki Fall '03 session ends on Friday, 19 December. The Winter '04 session begins on Monday, 5 January. For those athletes continuing on with the Winter '04 session reregistration is required. Athletes who have not reregistered will not be allowed to practice until the process is completed.

Reregistration for Winter '04 is taking place right now

Athletes currently registered in the Fall session have the opportunity to reregister for the Winter session before new athletes are accepted. Knowing who is returning for the Winter session helps in determining how many new athletes can be added from the evaluation sessions. Families planning on continuing in the Winter session are urged to reregister as soon as possible. The reregistration form is prominently displayed on the first page of the Saluki website.

The Winter training session will follow the same practice schedule as the Fall session. [Click here to view the practice schedule](#) or visit the club website.

New athlete evaluations set for 17 and 18 December

The next session of training for the Saluki Racing Team will begin on Monday, 5 January. For children who want to join the next session evaluations will begin on 17 and 18 December at 5:30p in Pulliam pool.

Christmas training schedule

To bridge the gap between the Fall and Winter training sessions and to help keep those attending the Paducah Swimfest in top form we have arranged to use the Carbondale Life Center pool for 3 days during the break. We will also

be able to use Shea and Pulliam pools on the 22nd and Pulliam on the 23rd. Here is the complete Christmas schedule:

- 22 Dec** Regular schedule and sites
- 23 Dec** All groups are at Pulliam
Jedi at 5:00p only. There is no 6:00p Jedi session.
Groups 2 and 3: Regular time.
Groups 4 and 5: 6:00p
- 24-28 Dec** Off
- 29-30 Dec** Carbondale Life Center
9:30-10:30a Jedi and Group 2
10:30-12:30p Group 3, 4 and 5
- 31 Dec** Carbondale Life Center
12:00-2:00p Group 2, 3, 4, and 5 (No Jedi)

Note: This schedule applies only to athletes registered for the winter session. Athletes registered for the Fall session who have not reregistered for the Winter will have their last training session on 19 December.

Swim school schedule is online and registrations are now being accepted

The Winter swim school class schedule is now available and registration is being taken both through the mail and online. In addition to our regular line up of preschool and beginner levels we are adding a new stroke development group for children who already know how to swim but need refinement on freestyle and backstroke. In order to join the club's Jedi group children will also begin learning the butterfly and breaststroke. The Winter Swim School sessions begin on 12 January.

Kolar qualifies for U.S. National Championship!

A big kudo goes to Lindsey Kolar for achieving her first U.S. National Championship qualifying time in the 100 breaststroke last weekend at the Southeastern Meet of Champions hosted by Excel Aquatics in Nashville, Tennessee. Kolar's time of 1:04.97 qualifies her for the 2003 U.S. Spring National Championship meet in Orlando, Florida.

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

IM Challenge

This meet replaces the dual that was scheduled with Paducah. **Sign up now!**

13 December—Shea Natatorium

Swimfest (25m)

This is one of the most popular meets we attend for our younger athletes. **Entered**

2-4 January—Paducah, KY

Memphis Invitational P/F

Another team travel opportunity for older swimmers.

23-25 January—Memphis, TN

Great Times Invitational

For all groups. This is always a good meet for us and it is a great opportunity to get those last-minute Ozark cuts!

6-8 February—Cape Girardeau, MO

Tri-State Invitational

For all groups. This is the culminating meet for our dual meet league. We expect teams from Centralia, Cape Girardeau and Paducah to join us for this one-day affair. The meet will feature the short event list.

14 February—Shea Natatorium

Ozark Championship P/F

The **Big One** for most Saluki athletes. Ozark Q1 standards are required.

27-29 February—St. Peters, MO

Sectional Championship (50m)

Senior level championship meet. Qualifying times required.

4-7 March—Oklahoma City, OK

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13 No practices <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">IM CHALLENGE</div>
14	15	16	17 <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">NEW ATHLETE EVALUATIONS 5:30p, Pulliam pool</div>	18	19 Last day of Fall session	20



22 December 2003

Saluki Swim Club

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Next publication date: 05-Jan-04

Practice changes

- ▶ Fall training session ended on Friday, 19 December.
- ▶ There are substantial changes to the practice schedule over the next 2 weeks. Please read the Christmas training schedule included in this *Update*.
- ▶ Also please note that the Christmas training schedule is for athletes registered for the Winter session.

“Don’t count the days—Make the days count”

—Ed Agresta



T-shirts—Caps—Silicone Caps
On the Saluki website

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

Saluki Update 54

Have you reregistered for the Winter session?

Most athletes that will be training with the club during the upcoming Winter session have already reregistered but there are a few who we know are waiting until the last minute. If you haven’t reregistered and are planning to do so please [click here](#) and send us your name.



Christmas training schedule (revised)

Here is the training schedule that we will follow over the next week or so to get us through the Christmas holidays:

- 22 Dec** All groups are at Pulliam
Jedi, Group 2 and Group 3: Regular time.
Groups 4 and 5: 6:00p
- 23 Dec** All groups are at Pulliam
Jedi at 5:00p only. There is no 6:00p Jedi session.
Groups 2 and 3: Regular time.
Groups 4 and 5: 6:00p
- 24-28 Dec** Off
- 29-30 Dec** Carbondale Life Center
9:30-10:30a Jedi and Group 2
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- 31 Dec** Carbondale Life Center
12:00-2:00p Group 2, 3, 4, and 5 (No Jedi)

Early changes to Winter session schedule

There is a strong possibility that for the first week of the Winter session (5-10 January) all groups will meet at Pulliam. This is not yet confirmed and will appear on the website and in the next *Update* when (and if) it is.

New athletes and group movements

New athletes who have just registered for the Saluki program will begin training sessions on Monday, 5 January. Also, athletes moving to new training groups will make the move at the beginning of the Winter session.

PADUCAH SWIMFEST INFORMATION (2-4 January)

One of the most popular meets on our schedule is coming up immediately after New Years. If you haven’t already made reservations for this meet at the Executive Inn then it’s probably a good idea to do so as soon as possible.

Dinner and dancing

The Paducah Swim Team goes all out with hospitality at this meet. On Saturday there is a dinner immediately following the end of the meet and a dance from 7:00-10:00p. The dance is free. Tickets for the dinner are \$6.00 each and

Paducah meet information, continued

will be available at the registration/check-in area. Tickets must be purchased by 10:00a on Saturday.

Relays

Saluki has many relays entered in the meet. Athletes are advised to check with coaches about relays during the warm up sessions.

Stay in shape!

Finally, the most important thing to keep in mind about the Paducah meet is that it comes at a time of year when our practice schedule is spotty at best. Athletes attending the Paducah meet should attend as many of the holiday practices as possible.

Warm up times

The times listed on the meet information page on the club website have been changed slightly to reflect our official warm up times that we have been given by the Swimfest meet director. Please make a note of the following times and have children ready to hit the water at the times listed:

- ▶ **Friday:**
Warm up: 3:45p
- ▶ **Saturday and Sunday:**
Warm up: 9-12 year-olds: 6:45a
Warm up: 8 & under and 13 & over: 11:00a

Remaining meet sign ups

Believe it or not the end of the 2003 short course season is barreling down on us. The Ozark Championship is a little over 2 months away. Between now and the Championship season are two good meets for almost all of our swimmers:

- ▶ **Gator Great Times** (6-8 February), Cape Girardeau, MO. This is the last “big” meet before the Ozark championship and we usually have an avalanche of best times in “the bubble.”
- ▶ **Tri-State Invitational** (14 February), Carbondale, IL. Yes, we’re hosting this meet this year at the Shea natatorium. Teams from Centralia, Cape Girardeau and Paducah will be joining us for this 1-day, full team affair.

These are both must register meets so [go to the meet information page](#) and sign-up.

Important Dates

More detailed meet information is available on the [Calendar](#) page of the Saluki website.

Swimfest (25m)

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2-4 January—Paducah, KY

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14 February—Shea Natatorium

Ozark Championship P/F

The **Big One** for most Saluki athletes. Ozark Q1 standards are required.

27-29 February—St. Peters, MO

Sectional Championship (50m)

Senior level championship meet. Qualifying times required.

4-7 March—Oklahoma City, OK

Gator Kickoff (50m)

The first long course meet of the summer season. Friday and Saturday are senior events. Sunday is a pentathlon event recommended for younger swimmers.

30-2 May—Cape Girardeau, MO

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22 SRC groups to Pulliam at 6:00p	23 SRC groups to Pulliam at 6:00. All Jedi meet at 5:00p	24 No practices	25 No practices	26 No practices	27 No practices
28	29 Life Center See holiday schedule	30 Life Center See holiday schedule	31 Life Center See holiday schedule	1 No practices	2 No practices	3 No practices
PADUCAH SWIMFEST						