



05 January 2004

## Saluki Swim Club

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

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Next publication date: 19-Jan-04

### Practice changes

- ▶ **5-9 Jan:** All SRC groups will meet at Pulliam at 6:00p.
- ▶ **10 Jan:** No practice.

*“Little things done right on a regular basis are more valuable than spectacular things done occasionally.”*

—Richard Quick



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

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

# Saluki Update 55

## Winter session gets underway on 5 January with some practice modifications

Our Winter session will get underway on Monday, 5 January. For the first week of the session (5-9 Jan) all groups will meet at Pulliam. Groups that normally meet at Shea will train at Pulliam at 6:00p everyday. The regular winter training schedule will begin on 12 January.



### Getting SRC passes

All Group 4 and 5 athletes will have to renew their SRC entry passes at the Information Center on the upper level of the SRC. Do not try to do this until Wednesday, 7 January because the list with eligible athletes will not be at the SRC until then. The passes will be needed to enter and exit the building. The passes are not to be used to enter the building at any time when the club is not training.

### Morning practices

The morning practice schedule will resume sometime in January—the exact date will be announced on the website.

## Group movements made for the Winter

Several athletes have been moved to a new training group for the beginning of the Winter session. These changes will take effect on 5 January. Athletes and their parents should understand that these changes are temporary so coaches can evaluate each athlete’s performance in the new group. We believe all athletes that were moved are ready to participate in a higher training group but occasionally mistakes are made and it may turn out that we were wrong or that the athlete is not really interested in more intensive training. In these cases the athlete will be moved back to their previous group.

Moving to a new training group requires several things from the athlete. First is a consistent level of practice attendance. In some cases an increase in attendance is called for. Training at the new level is more intense but improvement will only occur if the new intensity is applied often enough to have an effect. We call this factor *frequency of practice* and it describes how many times an athlete attends training. Athletes in higher training groups need a higher frequency of practice.

Frequency of practice also helps determine who gets moved. Once the necessary skills and performance level are reached, athletes who attend training regularly are then moved. Athletes who attend practice infrequently, or don’t attend meets are not moved because it is unlikely they will contribute anything to the new group. In a sport where the team dynamic is not always obvious the training situation is one place where it is very important and very visible. So when it comes to moving athletes to different groups we move those who will benefit from the new group and who will be able to contribute to it.

The second thing an athlete needs to bring to his new training group is a heightened understanding of what is actually going on at practices, at meets,

*Group movements made for the Winter (continued)*

and a knowledge of the long term seasonal plan. Obviously the degree to which an athlete knows these things depends on both his group and age.

The third thing new group members need to have is a good training attitude. The coaching staff considered this when making the group moves in the first place but occasionally we are surprised (and disappointed) to find that the enthusiasm exhibited at the lower level of training is not carried over into the new training squad. There may be several reasons for this but none of them are addressable in the new group. Where this occurs the athlete will almost always be moved back to the previous level in order to gain a bit more confidence and to help renew enthusiasm for training.

**What is a good training attitude?**

The training experience is unique. Not only is the time that athletes participate in training per day limited but the elements used in daily training sessions are also focused on a point in the future—a little bit farther away but still within a limited time-frame. It’s important that athletes are aware of the time-frame within which practice activity takes place and that they appreciate the short amount of time that they have to learn new techniques, practice them, and get into good enough shape to compete successfully.

There are a few articles in the archive at the club website that discuss the issue of group movements and how the groups themselves are defined. We’ll leave it to those who would like more information on this topic to go and read them.

**Swim school classes start on Monday, 12 January**

Saluki Swim School classes will get underway on Monday, 12 January. There is still time to register either online or through the mail. Families who want to register by mail can download a winter schedule and registration form from the website. The Winter instructional session runs through the end of February.

**Dark goggles, anyone???**

At Paducah last weekend it should have become apparent that dark goggles are inappropriate for indoor meets. In low light conditions dark goggles make what for some swimmers are new or difficult skills even more challenging. We urge all athletes to use clear goggles when swimming inside and to save the dark ones for outdoor meets.

**Important Dates**

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

**Memphis Invitational P/F**

Another team travel opportunity for older swimmers. **Entered**

**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**

**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**

**Saluki International (50m)**

The best meet on Earth is once again held at the Shea natatorium.

**14-16 May—Shea Natatorium**

**Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b>	<b>5</b> Winter session begins	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> No practices
SRC GROUPS MEET AT PULLIAM THIS WEEK AT 6:00p						
<b>11</b>	<b>12</b> SRC groups are back at Shea beginning this week	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>



19 January 2004

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Next publication date: 02-Feb-04

### Practice changes

- ▶ **19 Jan:** No practice for Pulliam groups due to Martin Luther King's birthday.
- ▶ **23 Jan:** No SRC PM practice. Group 4 and 5 athletes go to Pulliam at 6:00p.
- ▶ **26 Jan:** No AM practice.

*"There are no secrets,  
just experience."*

—Eddie Reese



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

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

# Saluki Update 56

## Special Almost-End-Of-Season Edition

### Ozark Championship is just 6 weeks away!

As many Saluki have already noticed the Ozark Championship is earlier this year—by a whole month! That means that we are barreling toward the season ending meet with ever increasing speed and if you're not paying attention you won't be ready.

#### Qualifier lists are on the web

To qualify for the OZC athletes need a Q1 time standard. All athletes who have qualified so far [are listed on the website](#) with the events that they have qualified in. This list will be updated after each meet. The lists are generated from the best data that Saluki HQ has so if there are any mistakes the coaching staff isn't going to find them. That's why we urge every family to take a look at the list and let us know if you find discrepancies. Please note that **even though athletes names may be on the qualifier list they still have to register for the meet to be entered.**

#### Meet format

The format of the OZC is prelim/final on Saturday and Sunday with timed finals on Friday. For the prelim/final sessions all athletes swim in the morning with the top 16 swimmers in each event returning for the finals in the evening (in the 10 & under age group only the top 8 return for finals). Saluki already has 29 qualifiers for the meet (more than last year!) and we're hoping for a few more after the Gator and Tri-State meets.

### Gabrielle Rose Classic Invitational is this weekend

10 Saluki are off to Memphis this coming weekend (23-25 January) for the annual Gabrielle Rose Classic. It is a prelim/final event and usually provides some good races for our athletes. This is a team travel event and the [itinerary is posted](#) on the website.

### Gator Great Times has 29 Saluki participating

The Saluki Racing Team will be in action again on 6-8 February at the Great Times meet inside the Cape Girardeau balloon. This is usually a very good meet for us and will feature several relays. [The team entry is posted on the website](#). More information, including Coach Price's *Ode to Hydration*, will appear in the next *Update* (finally, something to look forward to!).

### Tri-State Championship at Shea on 14 February

This short, total team effort event should be one of the more exciting meets of the season. Saluki, the Centralia/Mt. Vernon Barracudas, the Paducah Marlins, and the Gators will be attending. This meet will be the absolute last chance for athletes to achieve their Q1 times for the OZC meet two weeks later. Full details and worker sign-up are available on the website.

### Missouri Valley Championship

As we do every year the club will be handling some of the timing chores at the Missouri Valley Championship from 19-21 February at the Shea Natatorium.



This meet is the culminating event for swimming teams in the MVC and always features some of the best swimming to be found at Shea. By helping with the timing at the meet the club also gets a donation from the SIU Athletic Department so this is also an important fundraiser for us.

Our timing assignments include Thursday and Friday nights' final sessions and prelim and final sessions on Saturday. There will be adjustments to the practice schedule during this meet for both SRC groups and the Jedi. Groups 2 and 3 will be unaffected. Details will appear in the next *Update*. We will be offering online worker registration for this meet sometime within the next week.

[Coach Leal](#) is acting as meet director for the MVC meet and anyone who can donate extra time in helping out is asked to contact him directly. There are other tasks, especially officiating, that would be very helpful.

## Weather cancellation policy

It's that time of year again when weather becomes a player in determining our practice schedule. Our practice cancellation policy is short and to the point so before anyone calls about practices during our first weather event here's our policy:



**Practices are only cancelled if the Student Recreation Center (this includes Pulliam) closes due to weather conditions.**

It is extremely unusual when weather causes the SRC to close. During last summers flood, for example, no one at the SRC missed a beat. So short of a direct meteor strike chances are we will be in business regardless of weather.

Closing announcements will be broadcast on local radio stations and will also be recorded on the club answering machine. All families are asked to use their own best judgement about travelling to Carbondale in bad weather. Just because the pools are open doesn't mean it's a good idea for you to come.



## Items available at the Rec-Sport Shop

The Rec-Sport Shop in the SIU Student Recreation Center has many items in stock that swimmers need. They even have a few team logo items available. If you need suits, goggles, or other kinds of training equipment then

take a look at what the Rec-Sport Shop has. The shop is open whenever the SRC is open.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19 No practices for Pulliam groups	20	21	22	23 SRC groups to Pulliam at 6:00p	24 Practice? We don't know...check the website
					MEMPHIS P/F	
25	26 No AM practice	27	28	29	30	31 Last TiVo session prior to the OZC planned

## Important Dates

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

### Memphis Invitational P/F

Another team travel opportunity for older swimmers. **Entered**

**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! **Entered**

**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. **Register NOW!**

**14 February—Shea Natatorium**

### Missouri Valley Championship

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**19-21 February—Shea Natatorium**

### Ozark Championship P/F

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

**27-29 February—St. Peters, MO**

### Sectional Championship (50m)

Senior level championship meet. Qualifying times required.

**4-7 March—Oklahoma City, OK**

### Annual Banquet

Tentatively set. Details later.

**21 March—TBA**



02 February 2004

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Next publication date: 16-Feb-04

### Practice changes

- ▶ **6 Feb:** SRC groups to Pulliam at 6:00p.
- ▶ **7 Feb:** No practices due to Gator Great Times meet.
- ▶ **9 Feb:** No AM practice.

*“The future belongs  
to those who  
prepare for it.  
Carpe Mañana.”*

—Kelly Rae Harris



T-shirts—Caps—Silicone Caps

On the Saluki website

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

# Saluki Update 57

## Gator “Great Times” expected to live up to its name!

This weekend's meet in Cape Girardeau is almost always a good one for us. Whether its the increased atmospheric pressure in the balloon, a deeper racing course, or perhaps its just noisy enough to encourage fast swimming, Saluki performs well at this meet.

### Meet schedule

Friday: Warm-up: 4:30p, meet starts: 5:30p  
Saturday: 13 & over warm-up: 7:00a, meet starts: 8:00a  
12 & under warm-up: 12:30p, meet starts: 1:30p  
Sunday: Same as Saturday

## Tri-State Championship

This one-day (more like a half-day) competition is shaping up to be a real barn burner. Each swimmer is allowed to swim in 3 individual events and relays. Parents are asked to please be generous with their time in helping to run the competition.

### Meet schedule

Warm-up: 8:00a (all groups)  
Meet starts: 9:00a

[Complete meet information is available](#) at the website and there is still time to [register to swim in the meet](#).

### Don't forget your hat!

All Saluki athletes who need racing caps are advised to order them now so that they have them in time for the upcoming meets. Swim caps are only available online from [Saluki Gear](#).

## End of season stuff

The club takes a 1-week break at the end of the Winter session. This year our break will occur from 6-14 March. The last practice for the Winter will be on Friday, 5 March. Practices for the Spring session will begin on Monday, 15 March.

But before all of this happens we have some of the most exciting weeks of the year left in the short course swim season and some of the most important preparation activities known to mankind! Such as:

- ▶ **End-of-Season meets.** The Gator and Tri-State meets discussed above are the final meets prior to the championship season. This means that athletes entered in these meets have final chances to qualify for the Ozark Championship.
- ▶ **Ozark Championship (OZC).** This is our most important meet of the year. As this *Update* goes to press we have 29 athletes qualified for the meet.
- ▶ **Re-Registration for the Spring training session.** Reregistration of current athletes for the Spring training session will open on Monday, 16 February. This is a paper-less reregistration. Athletes merely have to send us their names via the reregistration page on the club website. Reregistering will incur fees for the Spring session.

The reregistration process for the Spring session is extremely important because this is the time of year when summer league athletes decide that its time to get back into shape for the summer season. Unfortunately space in our training groups is limited so reregistration is essential for current athletes who plan on training with Saluki through the Spring. This is why current athletes are given first crack at registering for the Spring training session.

## Annual recognition banquet set for 21 March

Our annual recognition of Saluki athletes will be held at the Carbondale Civic Center on Sunday, 21 March at 5:00p. Reservations are required and must be made by 1 March. [Download the reservation form.](#)

The annual banquet is always a special event. It allows us to recognize a group of outstanding athletes and to bid farewell to those who will be leaving us for college. And there are always the incredibly interesting comments by coaches and invited big shots.



## Swim school classes for March and April scheduled

In the next few days registration for the March and April swim school classes will be open. These classes will begin on 22 March and will continue in a variety of class selections until the end of April. As we did in the Winter we are offering Preschool classes (children 3 to 5 years of age), Beginner (5 to 11 years of age), and Stroke Development classes for children over 5 who already know how to swim.

### Stroke development groups can help athletes prepare for the summer league season

The stroke development groups are also a great way for summer leaguers to get back into action without making the full commitment to the Racing Team. These classes meet twice a week for 6 weeks. Families have a choice of registering for Monday/Wednesday classes or Tuesday/Thursday classes. The group meets at 6:45p and cost \$65 for the 6 week session. Full information will be available soon on the club website.

## Important Dates

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

### 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! **Entered**

**6-8 February—Cape Girardeau, MO**

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**14 February—Shea Natatorium**

### Missouri Valley Championship

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**19-21 February—Shea Natatorium**

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**21 March—Carbondale Civic Center**

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**30-2 May—Cape Girardeau, MO**

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6 SRC groups to Pulliam at 6:00p	7 No practices	
					GATOR GREAT TIMES		
8	9 No AM practice	10	11	12	13	14	
GATOR						TRI-STATE	



16 February 2004

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Next publication date: 01-Mar-04

### Practice changes

- ▶ **18-20 Feb:** SRC groups to Pulliam at 6:00p due to MVC Championship at Shea.
- ▶ **21 Feb:** No practices.
- ▶ **27-28 Feb:** No practices due to Ozark Championship.

*“If you don’t take the time to do it right will you have the time to do it over?”*

—Allyson Hall



On the Saluki website

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

# Saluki Update 58

## Saluki takes 2nd place in the Tri-State and qualifies 5 more athletes for the Ozark Championship

With over 200 swimmers from Kentucky, Missouri, and Illinois participating, the Tri-State Championship had to be one of the most successful almost-end-of-season meets so far for Saluki. Although we finished behind Centralia again this year it was a much closer second than last year and was not really decided until the last set of relays.

### 5 new OZC qualifiers

Both the excitement of the 4-team contest and the Q1 “last chance” aura helped produce some inspired efforts by Saluki athletes. Five new qualifiers were harvested from the results when the meet was finished:

- ▶ Michaela Lunsford qualified in the 50 backstroke and 50 freestyle,
- ▶ Natalie San in the 50 breaststroke and the 100 backstroke,
- ▶ Brittany Schlenker in the 50 breaststroke,
- ▶ Kailyn Schuetz in the 50 breaststroke, and
- ▶ Louis Ramirez in the 50 freestyle and 50 butterfly.

Saluki coaches congratulate all swimmers who participated in the Tri-State meet. The level of effort and enthusiasm shown for trying new events just to squeeze out an extra point or two was truly commendable. As a team we did really well in this meet and every swimmer deserves kudos for their efforts.

## 2004 Ozark Championship weekend: 27-29 February

33 Saluki qualified for the upcoming Ozark Championship and 27 have been entered in the meet. This is a significant increase (almost double) over what we qualified and entered in the 2003 meet. We also have 8 relays entered in the meet—another first for our team!

### Team entry is posted

Our team entry is posted on the website (click on the meet name from the calendar page). Relay lineups are not posted but we have 2 relays for the 10 & unders girls, 2 for 13-14 girls, 2 for 15 & over girls and 2 for 15 & over boys.

The meet schedule is also posted on the website and we encourage everyone to check our warm-up times. These times are very important because there is no extra time anywhere in the schedule for athletes who show up late to the pool. The times listed are when we are actually *in the water*. Athletes need to be at the pool well in advance of the times listed.

### Team apparel

Please wear proper team apparel at the meet. The only required piece of equipment is an official Saluki racing cap. These are available at the Rec Sport Shop on the second level of the Student Recreation Center. **Coaches will not have a supply of these caps at the meet**—they are available *only* at the Rec Sport Shop.

### Water bottle

The single most important piece of equipment athletes should have at the meet is a water bottle. Hydration at the pool and in the hotel will be an issue. Proper hydration will help athletes perform at their best.

## Swim school registration is now open

Registration for swim school classes during March and April is ongoing. Classes offered are Preschool (3-5 years), Beginner (5-11 years), and Stroke Development (5-11 years and can already swim). Online registration is available at the Saluki website or you can download a mail-in registration form. Since the summer is approaching (all evidence to the contrary) we expect these classes to fill completely.

## Saluki Racing Team caps are now available from the Rec Sport Shop

It is now even easier to get your hands on an official Racing Team cap...just go to the Rec Sport Shop on the second level of the Student Recreation Center. Latex and silicone versions are available. The team cap is the only piece of team equipment that Saluki athletes absolutely need at a meet (if they wear caps while racing). So don't dillydally!—Get to the shop and stock up on caps.

## It's time to reregister for the Spring session

As we mentioned in *Update 57* reregistration for the Spring session is now open for current athletes. We require athletes to reregister so that we know how much space is available for new athletes when the evaluation sessions are held. To [reregister simply click here](#) and you will be taken to the reregistration form.

## Don't forget about banquet reservations

Banquet reservations are still being taken. Please download the banquet reservation form from the website and mail it in. The recognition banquet will be held on Sunday, 21 March at the Carbondale Civic Center.



## Missouri Valley Championship is this week!

If you're signed up to work at the MVC Championship meet please remember that the meet starts on Thursday and that the Club is providing timers for Thursday and Friday night and for prelims and finals on Saturday.

There are modifications to the Club practice schedule this week. Beginning on Wednesday Group 4 and 5 swimmers will train at Pulliam at 6:00p. All Jedi will train at 5:00p. There is no 6:00p Jedi group on Wednesday, Thursday or Friday this week.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18 SRC groups to Pulliam at 6:00p	19 SRC groups to Pulliam at 6:00p	20 SRC groups to Pulliam at 6:00p	21 No practices
				MISSOURI VALLEY CHAMPIONSHIP		
22	23	24	25	27	27	28
				OZARK CHAMPIONSHIP		

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Next publication date: 15-Mar-04

### Practice changes

- ▶ **05 Mar:** Last practice for the Winter session.
- ▶ **15 Mar:** Spring training session begins.

*“Only those risking to go far will ever know how far they can go.”*

—Joyce Du



On the Saluki website

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

# Saluki Update 59

## 8th PLACE IN OZARK CHAMPIONSHIP!

### 2 Ozark champions, numerous place winners, best times, new 'A' swims...You name it, we did it!

**K**udos go to every athlete on the Saluki Racing Team who participated in the Ozark Championship this past weekend. We finished in 8th place which is a big improvement over last year's 10th place finish. Almost all of the improvement can be attributed to greater participation—a larger championship team—and concerted effort on the part of every athlete. We didn't win as many events as we did last year but by having more swimmers make it to finals we were able to score more points. This larger number of athletes in finals demonstrates that the club is improving overall and we are a more effective team than we used to be.

Best times were turned in by every athlete in at least one event. Three athletes, Alma Burwell, Ryan McDonald, and Brittany Schlenker, turned in personal bests in all of their events. Full results and splits are available at the website.

#### 2 new Ozark champions!

Lindsey Kolar and Markum Reed both won events at the meet. The young Kolar lass took first places in the 200 IM, 100 and 200 breaststroke, and 100 freestyle. Reed captured his first Ozark championship title in the 100 breaststroke.

#### Numerous place winners

To amass enough points to move from 10th place after Friday night, through 9th place on Saturday, and finally to climb into 8th by the end of the meet lots of athletes had to contribute. In the 11-12, 13-14, and 15 & over age groups the top 16 times from prelims swam again in finals. In the 10 & under age group only the top 8 times return to finals. 16 places score in all age groups. Here is a list of our scorers and their events (places) in the meet:

- ▶ Elizabeth Bell: 100 breast (13), 100 fly (14), 50 free (12), 50 breast (10), 50 fly (9).
- ▶ Alma Burwell: 200 IM (13), 200 free (16), 100 breast (5), 50 back (12), 50 breast (4), 100 back (5).
- ▶ Bob Byars: 200 free (3), 100 back (4), 50 free (3), 100 free (2), 100 fly (3).
- ▶ Charles Du: 200 IM (13), 200 fly (3), 50 free (14), 100 breast (16), 100 fly (9).
- ▶ Alex Halbrook: 200 IM (15), 200 free (14), 100 back (8), 200 fly (15), 400 IM (7), 200 back (7).
- ▶ Aaron Hvidston: 500 free (11), 200 free (9), 100 fly (6), 50 free (15), 100 IM (8).
- ▶ Calvin Kolar: 100 breast (9), 50 breast (5).
- ▶ Lindsey Kolar: 200 IM (1), 200 free (2), 200 breast (1), 50 free (2), 100 free (1), 100 breast (1), 100 fly (3).
- ▶ Natalie McLean: 100 fly (6).
- ▶ Markum Reed: 200 IM (5), 200 free (8), 200 breast (2), 100 free (16), 100 breast (1), 100 fly (4).
- ▶ Breein Rossi: 200 IM (16), 200 free (8), 100 back (16), 50 free (7), 100 free (8), 100 breast (15), 100 fly (8).
- ▶ Ashley Teller: 200 breast (13), 50 free (8), 100 breast (4).
- ▶ Taylor Tripp: 200 IM (13), 200 free (12), 100 breast (15), 50 back (12), 100 IM (11), 50 breast (16), 100 back (13).

## Relays—more than ever!

Our relay teams also did well. Six relays competed during the meet which, like the number of individual competitors, is a new club high.

- ▶ 10 & under girls, 4 x 50 freestyle: Taylor Stanhouse, Alma Burwell, Kailyn Schuetz, Brittany Schlenker (8).
- ▶ 10 & under girls, 4 x 50 medley: Michaela Lunsford, Jensen Falker, Alma Burwell, Taylor Stanhouse (8).
- ▶ 13-14 girls, 4 x 100 freestyle: Lindsey Kolar, Breein Rossi, Glynnis White, Joyce Du (7).
- ▶ 13-14 girls, 4 x 100 medley: Joyce Du, Lindsey Kolar, Breein Rossi, Glynnis White (6).
- ▶ 15 & over boys, 4 x 100 freestyle: Alex Halbrook, Ryan McDonald, Markum Reed, Bob Byars (6).
- ▶ 15 & over boys, 4 x 100 medley: Alex Halbrook, Markum Reed, Bob Byars, Justin Hvidston (5).

## New 'A' swims

6 athletes turned in a total of 9 new NAG 'A' times:

- ▶ Elizabeth Bell 'A'ed in the 500 free and reports only throwing up once during the race but keen observers suspect it may have been more than that.
- ▶ Alma "Hootie" Burwell made her first 100 backstroke 'A' in prelims and then turned in a 'AA' in finals. She also 'A'ed in the 100 and 200 IMs and the 50 backstroke.
- ▶ Charles Du turned in an 'A' time for the 200 fly in prelims and doubled it in the finals. It was only his 3rd time swimming the 200 fly but he now knows what a prelim/final 2-fly feels like. Ask him.
- ▶ Aaron Hvidston got his first 'A' time in the 100 IM.
- ▶ Ryan McDonald got one in the 100 free
- ▶ Glynnis White got one in the 100 breaststroke.

## New athlete evaluations scheduled for 15-17 March at Pulliam

The Saluki coaching staff has scheduled athlete evaluations for new swimmers for 15 through 17 March at Pulliam pool. The evaluations take about 20 minutes and begin at 5:00p. All new athletes joining the team for the Spring training session must be evaluated for proper training group placement.

To be evaluated athletes *and at least 1 parent* should come to Pulliam between 5:00 and 5:30p. A registration form can be downloaded from the Saluki website but will also be available at the pool.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	1	2	3	4	5 Last practice of the 2004 Winter session	6
7	8	9	10	11	12	13
SPRING RECOVERY PERIOD						

## Important Dates

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

### Spring recovery period

Our annual break in training prior to the beginning of the Spring training session.

### 06-14 March

### Spring training begins

Current athletes should reregister online to reserve their space in the Spring training session. New athletes must come to Pulliam pool with a parent on 15, 16, or 17 March at 5:00p to be evaluated.

### 15 March

### Annual Banquet

Our annual recognition dinner will be held at the Carbondale Civic Center beginning at 5:00p. Reservations are closed.

### 21 March—Carbondale Civic Center

### 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

### Saluki International (50m)

The best meet on Earth is once again held at the Shea natatorium.

### 14-16 May—Shea Natatorium

### Ozark Championship (50m)

The big meet of the summer season and final chance for Zone cuts.

### 30 July-01 August—TBA



15 March 2004

## Saluki Swim Club

P.O. Box 3293  
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E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 29-Mar-04

### Practice changes

- ▶ **15 Mar:** Spring training session begins.

*“Sport doesn’t  
build character  
it reveals it.”*

—*Somebody at the Rec-Plex*



On the Saluki website

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

# Saluki Update 60

## Spring training is underway for the Racing Team!

We hope everyone is anxious to get back in the water after a short, but refreshing, break in training. Our Spring session gets underway today and ends on 28 May. In that period we have two meets scheduled, both long course. The first is in Cape Girardeau and the second is at the Shea Natatorium. Both meets offer something for most all swimmers on the Racing Team.

Reregistration for current athletes is still ongoing so if you’re planning on participating in the Spring session but haven’t reregistered there is still time to do it. Registration for the Spring closes on Monday, 29 March. After that date no athletes (old or new) will be taken into the training session until the Summer.

### Meet calendar for the Spring

There are two meets on our calendar for the Spring session:

- ▶ **Gator Long Course Kick-Off** (30 April–01 May). This is a senior level meet with 1 session on Friday and 2 on Saturday. For the Saturday sessions a few events are offered in the morning followed by a couple of hours break for lunch and then the remaining events are held. We are encouraging all Group 4 and 5 swimmers to register for this meet. It features the longer event list and is a good way to get into the long course racing season.
- ▶ **Gator Pentathlon** (02 May). This is a separate meet from the Gator Kick-Off. It’s run on Sunday and, as its name suggests, there are 5 events for each athlete following the short event list. We encourage swimmers in Groups 2 and 3 to participate.

Both of the Gator meets are held at the Central pool in Cape Girardeau and the balloon will still be up. The theme for this weekend is short and sweet so we would rather not see athletes registered for both the Kick-Off *and* the Pentathlon. Pick one or the other and prepare for our own meet, featuring all events, two weeks later.

**Also note:** This *Update* is being written prior to the Gator meet information being published. The way we have described the meets is the way they have been run previously. This may change in 2004. We won’t know until the invitation is available.

- ▶ **Saluki International** (14–16 May). Often referred to as “the best meet on Earth” the International will be held at the Shea Natatorium. Saluki is hosting this meet so the worker sign-up sheets will be posted on the website before the end of the month. Complete meet information is already available at both the Saluki and Ozark sites.

### Meet schedule and registration

The [Spring and Summer meet schedule has been published](#) and is now available [for registration](#). This year we’re adding the Clayton Summer Invitational to the schedule. It will provide a good, full blown meet tune-up for the Ozark Championship. The Bloomington (IN) meet that we normally attend in June is not on the Indiana summer schedule yet so we don’t know exactly when it is or even if it is being held this year. We hope it is held again because it provides us with competition we don’t usually find and it fills a big hole in our June schedule.

Early meet registration is essential. Summer meets are notoriously hard to get into because they fill quickly (Clayton especially). If you know you want to attend certain meets then the best advice is to register for them now. Saluki HQ does not dillydally with summer invitations. When we get them we send our entry as quickly as possible.

## Athlete evaluations

To join the Saluki Racing Team all new athletes have to be evaluated by the coaches to determine if they are ready for a competitive training program and to make a group assignment. Spring evaluations will be held from 15 to 17 March at Pulliam pool starting at 5:00p. A parent must accompany athletes to the evaluation session.

The necessary paperwork will be available at the pool but new members can download registration forms from the club website. There is a \$90 registration fee which must be paid at the time of registration. Members will be billed for other fees related to their participation in the club. No registration forms will be accepted without the registration fee.

Families who simply cannot make it to one of the evaluation sessions should call Saluki HQ to schedule another time for the evaluation. We're pretty flexible about this but all Spring evaluations must be completed prior to 29 March, the deadline for registering for the session.

## Swim School registration is ongoing

Registration for the Spring session of lessons is going on right now. A few classes being offered in March and April are full but there are still openings in other classes. The Spring schedule of lessons begins on 22 March. Registration for the Summer schedule of lessons begins on 1 April and gets underway on 3 May.

## Sculling...What is it?

The beginning of any season allows athletes to work on fundamental skills that they usually aren't time to work on later. Sculling is one of these skills. While it has no direct application to skills needed in competition sculling is a precursor or perhaps a building block upon which other skills are built.

Sculling is an elusive skill that involves fine motor control. The drills are designed to produce propulsive movements using only the hands, wrists, and forearms. These motions help an athlete develop a feel for the water. If other body parts are used for anything other than positioning then the athlete isn't really sculling—he's pulling. The earlier an athlete learns it the sooner it gets added to his repertoire of foundational skills. Pulling is a gross motor movement.

Sculling is simply sweeping the hands out and in and alternating their pitch so that the movement is always propulsive. The motive force for this movement comes from the forearms. That's why swimmers who don't scull very often but who are able to do it correctly report sore forearms at the end of each bout of exercise.

The purpose of sculling drills is to arm the swimmer with a little more kinesthetic knowledge about how his hands are moving through the water. Periodic repetition and refinement of this skill will aid long term performance.

## Important Dates

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### 15 March—Pulliam pool

### Annual Banquet

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Especially recommended for Group 2 and 3 swimmers. Short event list featured.

### 02 May—Cape Girardeau, MO

### Saluki International (50m)

The best meet on Earth is once again held at the Shea natatorium.

### 14-16 May—Shea Natatorium

### Clayton Summer Invitational (50m)

This outdoor meet at the recently rebuilt Shaw Park pool runs in a prelim/final format and is loaded with out of town competition.

### 09-11 July—Clayton, MO

### Ozark Championship (50m)

The big meet of the summer season and final chance for Zone cuts.

### 30 July-01 August—TBA

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15 EVALUATIONS for new athletes at Pulliam at 5:00p	16 EVALUATIONS for new athletes at Pulliam at 5:00p	17 EVALUATIONS for new athletes at Pulliam at 5:00p	18	19	20
21	22	23	24	25	26	27



29 March 2004

## Saluki Swim Club

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

Next publication date: 12-Apr-04

### Practice changes

- ▶ **15 Mar:** There are no changes that HQ is aware of at publication time.

*“It’s not your abilities  
that define  
who you are.  
It’s your choices.”*  
—George Smiley



On the Saluki website

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

# Saluki Update 61

## WELCOME NEW FAMILIES!

### Membership rolls are filled for the Spring

For the first time in several years we have reached maximum capacity on our competitive membership rolls. With 91 registered athletes training groups are filled to the brim. Normally we would be accepting new athletes until 29 March but we have reached what can effectively be termed as full enrollment. Spring swim school classes are likewise filled, or almost. There are still 2 classes that begin in April that have a few openings.

The Spring session ends on Friday, 28 May and the Summer session begins on the following Tuesday, 1 June. There will be significant adjustments to the program during the summer. These will be detailed in *Update #63* which will be published on 26 April.

### Meet registration is open

Most of the meets we will be attending during the spring and summer are now listed on the calendar and families can begin registering for them. If you want to attend a particular meet then register for it as soon as possible. Even though we don’t make deadlines for meet registration there are practical deadlines. There is a [reason why we don’t set deadlines to register for meets](#) and if you are new to the club (or if you don’t know why there are no deadlines) please click on the link and read the article.

### 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.

### Lock up items left in dressing rooms

It has come to the attention of the coaches that athletes are leaving items unattended in locker rooms. This is not a good idea. At Pulliam bags can be left on the pool deck during practice sessions. At the SRC bags should be locked in lockers. Locks cannot be left on lockers overnight.

### Summer swim school registration opens on 1 April

In a few days the club will be rolling out the “new” Swim School schedule for this Summer. Registration opens this Thursday, 1 April and all classes are expected to fill quickly. The summer lesson schedule runs from early May through the end of July.

### Top five tips for successful practices

by Coach Eric Lazzari, Naperville Riptide Swim Team

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A couple of weeks ago I had the opportunity to work at a USA Swimming *Catch the Spirit* camp. In the session I facilitated titled “Practice Preparation” I asked the swimmers and coaches in attendance to list the things that you should bring to practice everyday. As a group, we came up with quite a long list covering everything from goggles to a friend. We all found out that there are many things that go into having a successful and productive practice.

### Be at practice on time

Missing even the first few minutes of practice can have a negative effect on the entire practice session. You may miss valuable instructions and feel like you are playing catchup

## Important Dates

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

### **Gator Kickoff (50m)**

The first long course meet of the summer season. 1 session on Friday and 2 on Saturday. Long event list featured. Recommended for all Group 4 and 5 athletes.

**30 April-01 May—Cape Girardeau, MO**

### **Gator Pentathlon (50m)**

Especially recommended for Group 2 and 3 swimmers. Short event list featured.

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**14-16 May—Shea Natatorium**

### **Clayton Summer Invitational (50m)**

This outdoor meet at the recently rebuilt Shaw Park pool runs in a prelim/final format for 13 & over (timed final for 12 & under) and is loaded with out of town competition.

**09-11 July—Clayton, MO**

### **Ozark Championship (50m)**

The big meet of the summer season and final chance for Zone cuts.

**30 July-01 August—TBA**

### **Central Zone Championship (50m)**

The Big Daddy of summer competitions. 'AAA' NAG times needed to qualify.

**05-08 August—Topeka, KS**

the entire practice. If you are late you will miss part of warm-up and then your body will not be ready when it comes time for the main set. The beginning of practice is a time when swimmers have the opportunity to work on new skills and stroke modifications and we want our swimmers to be able to take advantage of all opportunities presented to them. In order to set yourself up for a great practice make sure you arrive early enough to be ready to get in the water at the scheduled start of practice.

### **Bring all of your equipment**

All of the equipment our swimmers have in their bag serves a specific purpose. Some days we will use multiple pieces of equipment, other days we will not use any at all. When we are using equipment, its purpose has been designed into the workout and if you do not have the proper equipment with you, the goal of the set may not be met. Included in the equipment you bring to practice everyday is a water bottle that should be filled and ready to go at the start of practice.

### **Have a goal**

Have a goal at every practice for something that you want to accomplish. Maybe it will be to not breathe into any of your turns, or to make sure your head position is correct; it can be anything that you need to work on. Committing to a goal before practice will give the focus you need to practice championship habits. Try to set goals for each week of practice and each set of practice as well. The little successes of achieving daily goals add up to big successes at the end of the season.

### **Consistency is the key to success**

There are few things that are absolutes in life but one of the things that is almost certain with swimming is that those athletes who come to practice everyday are usually the ones that improve the most during the course of the season. This is because they are practicing the same skills everyday which makes them into championship habits. In taking a day or days off, skills learned one day may be gone the next. Taking several days off negates improvements in fitness levels. Coming to practice and working hard on a consistent basis are the surest ways to make sure you improve.

### **Stay positive and smile**

The two most important things you can bring to practice everyday are a positive attitude and a smile. Even if you have had the worst day ever try to force a smile onto your face and you will probably feel better. And remember, a positive attitude is infectious...if you have a positive attitude and smile, it is likely your teammates and coach will also. If you feel that you are going to say something negative during practice go under water and yell it. Avoid the phrase "I can't" because you can and the coaches do not ask you to do anything you are not capable of. Take adversity and difficult tasks and look at them as a challenge that you can overcome.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> REGISTRATION for Summer Swim School classes begins	<b>2</b>	<b>3</b>
<b>4</b> Daylight Saving Time begins	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>



12 April 2004

## Saluki Swim Club

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Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 26-Apr-04

### Practice changes

- ▶ **24 Apr:** No practices due to water polo tournament at Shea.

*“75s? Yeah, they’re like 100s but shorter.”*

—Justin Hvidston



**Register now for summer Swim School classes!**



On the Saluki website

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

# Saluki Update 62

## Saluki International fast approaching: Worker sign-up is now open

The ‘Best Meet in the World’ gets underway in just one month. The Saluki International, for many the first long course meet of the season, will be held at the Shea Natatorium from 14-16 May. This is one of the club’s “all hands on deck” events and the parent work requirement applies.

Parents can [register to work](#) by clicking on the link provided at the club website under ‘Upcoming events’ and then filling in the form that appears. The [Parent Work Requirement](#) is an important part of our club policy because it is only through total mobilization of club families that we can run successful competitive events at Shea. We are planning on approximately 400 swimmers attending this years competition.

### What’s new in 2004?

The event program has changed slightly from previous years to aid in deck seeding if that is what we decide to do. But the big news is that we have eliminated individual awards and we will no longer be selling psych sheets at the meet.

Replacing the individual awards will be a special commemorative cap that will be given to each participant in the meet. Team awards for the top three clubs will still be given.

We have also decided not to sell psych sheets at the meet any longer. Recognizing that psych sheets provide little useful information, and that they place one more burden on the club (producing and selling them), we will instead provide the psych sheet as both HTML and PDF documents on the Internet. These documents will be published as soon after the entry deadline as possible (5 May 04). This will give clubs attending the meet plenty of time to look at the total entry and download the PDF file if they want a hard copy of the info. These documents will be available at no cost.

### Meet registration is still open

Saluki who have not registered to compete in this meet have until 04 May to do so. If you’re not sure if your child should compete talk to his coach. Generally speaking this meet is appropriate for Group 2 swimmers and above.

## Taking care of your feet when using Zoomers or fins

Many swimmers are experiencing foot discomfort or irritation from the Zoomers or training fins they use in practice. There is some amount of getting used to Zoomers that all swimmers go through but there are two steps that athletes can take to minimize problems with these important training devices.

First, buy the right size. Fins that are too small increase the chance of foot cramps. There are enough Zoomers or fins around now so that swimmers who are buying can try on a pair or two to find out what their size is.

Second, spread a thin layer of Vaseline petroleum jelly on the inside of the fin itself. This will eliminate friction between the fin and skin, reducing the chance of irritation or blisters. Special attention should be paid to areas that contact the top of the foot and the toes.

## Hydration solutions raise eyebrows

During a grueling Group 4 workout recently the rest interval topic turned to hydration, water bottles, and what the best drink is to keep young athletes ready for action. While it is commonly believed that sports drinks (Gatorade, PowerAde, Accelerade, etc.) provide needed fluid, electrolytes, and carbohydrates, they are usually not necessary for fluid replacement during workouts. Unless workouts are longer than 90 minutes and very intense, the best drink is plain water. Sport drinks are best used after workouts for both fluid replacement and replenishing carbohydrate stores.

## Important Dates

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

### **Gator Kickoff (50m)**

The first long course meet of the summer season. 1 session on Friday and 2 on Saturday. Long event list featured. Recommended for all Group 4 and 5 athletes.

**30 April-01 May—Cape Girardeau, MO**

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The Big Daddy of summer competitions. 'AAA' NAG times needed to qualify.

**05-08 August—Topeka, KS**

Sport drinks are usually too concentrated to be used effectively during training. The strong taste discourages some athletes from drinking as much, or as frequently as they should and, according to Charlene Boudreau, USA Swimming Nutritionist, the concentration of the drink inhibits fluid absorption and can lead to cramping. The drinks are best for use before or after training.

Athletes engaging in longer workouts usually dilute their drinks with water. Lance Armstrong, 5-time *Tour de France* winner, uses a 50/50 solution of Gatorade (or something like it) and water. Coach Price, that other well known cycling machine, sometimes likes to mix half Coke and half water. "On a long ride nothing hits the spot better on a hot summer day than a little Coke and water." But as Price also noted, club workouts do not fall into the time range where drinks need to be supplemented with ingredients other than water. For most swimming workouts water remains the best solution to be placing in water bottles.

### **Water bottles are needed at practice**

Water bottles, regardless of what's inside them, are an important piece of training equipment and swimmers who show up at practice without them, especially older swimmers, are just not prepared for the training session.

## **Happy but never satisfied**

by Coach Jeff Pearson, Sierra Marlins Swim Team

It is critical that you are able to take joy from the things that you accomplish. If you earned an 'A' in school, you should feel proud of that accomplishment and feel good about the effort that you put in to achieve that goal. The same goes in swimming; feel good about accomplishing your goals. A common error that I see swimmers make is not taking the time to recognize that they do well and instead rushing over their accomplishments toward the next goal. An important step toward continuing to get better is to take a moment and think about all the hard work that went into a particular accomplishment and give yourself credit for a job well done.

Do not pat yourself on the back too long however because to become satisfied is to bring your continued improvement to a screeching halt. After a successful meet or season, take a day or so to revel in your accomplishments, and then start thinking about what's next. The athletes that tend to accomplish their goals are those that are hungry and desperate to accomplish the next step. If you get stuck feeling satisfied in past accomplishments you won't have the drive to push through the tough things that you are likely to encounter in a season.

# *Carpé Mañana*

## **Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> NO PRACTICES due to water polo tournament at Shea



26 April 2004

## Saluki Swim Club

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Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 03-May-04

### Practice changes

- ▶ **30 Apr:** No PM practices at Shea due to Gator meet.

*“Compromise is the cancer of achievement.”*

—Bill Sweetenham



**Register now for summer Swim School classes!**



On the Saluki website

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

# Saluki Update 63

## 2004 Summer program info and registration

As we did last year Saluki will be offering a variety of training options for the summer. Since many Saluki athletes are involved in summer league activities, and since Pulliam pool is used primarily for our swim school classes in June and July, the schedule our year round athletes are used to is significantly modified during the summer.

### Summer practice schedule (effective Tuesday, 01 June 2004)

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

#### GROUP A

**MTuWThF 6:00-8:00a**  
**MTuWThF 5:30-7:00p**  
**Sa 8:00-10:00a (19.5 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. This group is recommended for current Group 4 and 5 athletes who want to take part in an all out program of training and competition.

#### GROUP B

**MTuWThF 5:30-7:00p**  
**Sa 8:00-10:00a (9.5 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. This group is recommended for younger athletes (Groups 3 and 4) who are also participating on summer league teams.

#### SKILL GROUP

**MTuWThF 4:30-5:30p (5 hours/week)**

There is no minimum attendance requirement for the skill group. Cost: \$138 (\$50 for swimmers who have participated in the Fall 2003, Winter 2004, and Spring 2004 session). This group is recommended for athletes in Groups 2 and 3. Emphasis will be totally on skill improvement and is intended to supplement summer league participation. This group is not appropriate for older athletes.

#### JEDI

**MTuWTh 6:30-7:15p (Pulliam) (3 hours/week)**

Cost: \$114 (\$50 for swimmers who have participated in the Fall 2003, Winter 2004, and Spring 2004 session). Note that the Jedi do not meet on Friday.

### Summer registration

All workouts for Groups A, B, and Skills are held at the Shea Natatorium. Preregistration for these groups is absolutely mandatory since special arrangements need to be made to get into the SRC. Online registration for these groups will open on Saturday, 1 May. Athletes who wait until the last minute to let us know they plan to train with us during the summer will not be able to start on the first day because arrangements to enter the building takes several days.

## Swim school classes are filling fast!

Our May swim school classes are completely filled but there are still plenty of openings available in our June and July sessions. This year's summer classes are filling

much more rapidly than in previous years so we encourage anyone interested in lessons this summer to register as early as possible.

**Reregistration**

Families of current swim school students need to know that there is no advance or special registration available for our classes. If you're planning on reregistering for more classes please don't wait until your current class is finished. By then classes you want may already be filled.



**Saluki team wear**

The only piece of team wear that is absolutely required of athletes at meets is a Saluki racing cap. The caps are sold exclusively by the Rec Sport Shop at the SRC in both latex and silicone versions. These are the ever popular white caps with the stylized mask of King Tutankhamun above the word Saluki.



The Rec Sport Shop also has a wide variety of other club wear. If you're looking for t-shirts, sweat shirts, etc. then check out the Rec Sport Shop on the upper level of the Student Recreation Center. They also carry a good selection of suits, goggles, and other sometimes hard to find swimming stuff.

**Preparation**

by Coach Jeff Pearson, Sierra Marlins Swim Team

ONE OF MY FAVORITE QUOTES comes from long-time Penn State football coach, Joe Paterno who said something to the effect of, "The will to win means nothing without the will to prepare." Everyone wants to win on race day, but very few are willing to complete the preparation necessary to achieve their potential. There are no shortcuts to success. You have to be willing to do things the hard way because the hard way is usually the best way in our sport. You have to be willing to swim an event that scares you, try an interval that seems too hard, and tackle tough sets with a willingness to do something you have never done before. You will be confronted with opportunities to take an easier path, to miss just one practice, to let up just a bit, to skip just this one 50. But at the end of the season you have to be able to ask yourself, Did I do everything I could in my preparation? and be able to answer Yes, if you truly want to be the best you can be.

Four-time Olympic gold medalist John Naber put it this way, "One of my biggest sayings I got off a soda bottle: *No deposit, No return.* To me that means you'll get out of life about what you're willing to put in. All champions have made great sacrifices to win their victories. So when someone talks to me about their goals and dreams I ask them one question, What are you willing to do about it?"

**Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30 No PM practices for SRC groups	1 Registration for summer session opens
GATOR LONG COURSE KICK-OFF						
2  GATOR PENTATHLON	3	4	5	6	7	8

**Important Dates**

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

**Gator Kickoff (50m)**

The first long course meet of the summer season. 1 session on Friday and 2 on Saturday. Long event list featured. Recommended for all Group 4 and 5 athletes.

**30 April-01 May—Cape Girardeau, MO**

**Gator Pentathlon (50m)**

Especially recommended for Group 2 and 3 swimmers. Short event list featured.

**02 May—Cape Girardeau, MO**

**Saluki International (50m)**

The best meet on Earth is once again held at the Shea natatorium.

**14-16 May—Shea Natatorium**

**Clayton Summer Invitational (50m)**

This outdoor meet at the recently rebuilt Shaw Park pool runs in a prelim/final format for 13 & over (timed final for 12 & under) and is loaded with out of town competition.

**09-11 July—Clayton, MO**

**Ozark Championship (50m)**

The big meet of the summer season and final chance for Zone cuts. Q2 cuts required.

**30 July-01 August—TBA**

**Summer session ends**

This is the last day that training will be held during the summer session.

**04 August**

**Central Zone Championship (50m)**

The Big Daddy of summer competitions. 'AAA' NAG times needed to qualify.

**05-08 August—Topeka, KS**



10 May 2004

## Saluki Swim Club

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

E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 24-May-04

### Practice changes

- ▶ **14-15 May:** No practices for any group due to Saluki International.

*“Breaststroke is an athletic event, butterfly is a political statement.”*

—Paul Tsongas



**Register now for summer Swim School classes!**



On the Saluki website

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

# Saluki Update 64

## SALUKI INTERNATIONAL IS THIS WEEKEND Prepare for action!

### 350 swimmers to compete in the Saluki International

For the first time in several years our May long course meet is filled to the brim and this coming weekend over 350 swimmers from all over the Midwest will be at Shea testing their mettle in the 50m course.

Here is the schedule for the weekend. The times listed below is when the *athletes* need to be at the pool. This is earlier than when parents need to report for their work assignments.

#### Friday

All swimmers in the 400 free: Warm-up: 4:30p, Meet starts: 5:30p

#### Saturday and Sunday

12 & under swimmers: Warm-up: 8:00a, Meet starts: 9:00a

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

The meet’s technical bulletin and psych sheets have already been published and are available online. As everyone should be aware by now we are not selling psych sheets at the meet. They are available online only so if you want to have one at the meet you need to get it on the web. The Adobe PDF version of the psych sheet is the one designed for printing. The HTML version is more suitable for simply viewing online.

### Ozark Long Course Championship coming to Shea!

Again this year the Saluki Swim Club and Gator Swim Team will be co-hosting the Ozark Long Course Championship at Shea Natatorium from 30 July-01 August. We’re expecting almost 300 athletes from the Ozark LSC to join us for this exciting 3-day, prelim/final affair. For many athletes this meet will be the culminating meet of the summer season. For others it will be the last chance to qualify for the Central Zone Championship that will be held in Topeka, Kansas the following weekend.

#### Conflict with SISL championship

We are of course aware that the Southern Illinois Swim League will be hosting its own championship meet on the same weekend. We knew this was the case when we bid for the Ozark meet. Hosting the long course championship though is a wonderful opportunity for our own swimmers on several levels. First, and probably most important, is the team aspect of having a good number of Saluki involved in the long course championship. We began hosting this meet in 2003 with 23 athletes entered. In previous years, when the meet was held outdoors in the St. Louis area, we would be lucky to have 10 athletes representing the club at the meet. This year our goal is at least 30 Saluki athletes at the meet.

Second is the last chance opportunity to qualify for the Central Zone Championship meet that will be held the following weekend in Topeka, Kansas. For age group swimmers “Zones” is the *holy grail* of athletic achievement. To qualify requires an NAG ‘AAA’ time.

Third, and finally, is the financial benefit the club realizes by hosting meets at Shea. The club doesn’t do fund-raising *per se* so the events we host go a long way in helping to defray the cost of operating the club.

The Southern Illinois Swim League championship is scheduled for Saturday, 31 July so it will conflict with the Ozark meet on Saturday. Saluki athletes who want to participate in both meets can sign up for only the Friday and Sunday sessions of the Ozark meet if they want. Be sure to note this when registering for the meet.

## Important Dates

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

### Qualification for the meet is the Ozark Q2 standard

Following the Saluki International we will begin listing qualifiers for the Ozark Championship on the club website. The Ozark Q2 standard is necessary to qualify for the meet. The Q2 times can be achieved in any course (25 yards/metres, 50 metres) but they have to be achieved *after* 18 July 2003.

When we begin listing the qualifiers we urge parents and athletes to check the list carefully. The information we publish is the best we have and if there are mistakes we aren't going to find them unless someone else spots them.

### Last chance to register for Bloomington and Clayton meets

Our entry for both the Indiana University and Clayton Invitational meets will be sent immediately following the International meet this weekend. If you are planning on attending either one of these meets then please register before Friday. Both of these meets are long course, prelim/final competitions.

#### Chaperone needed

For the Bloomington trip we need an adventurous mother to act as chaperone. The benefits are too numerous to mention in detail but they include spending quality time with other people's children, eating at the (fill in the name)-buffet, watching 5 full edge-of-your-seat swimming sessions, playing *Mafia* in the van, and having scintillation conversations with Coach Price.

#### Saluki International (50m)

The best meet on Earth is once again held at the Shea natatorium. 350 athletes will be joining us from all over the planet (sort of).

**14-16 May—Shea Natatorium**

#### Indiana Invitational (50m)

This is a senior level prelim/final, team travel event. It is held at the Counsilman/Billingsley Aquatic Center at Indiana University. Our entry will be sent following the International meet.

**25-27 June—Bloomington, IN**

#### Clayton Summer Invitational (50m)

This outdoor meet at the recently rebuilt Shaw Park pool runs in a prelim/final format for 13 & over (timed final for 12 & under) and is loaded with out-of-town competition.

**09-11 July—Clayton, MO**

#### Ozark Championship (50m)

The big meet of the summer season and final chance for Zone cuts. Q2 cuts required.

**30 July-01 August—Carbondale, IL**

#### Summer session ends

This is the last day that training will be held during the summer session.

**04 August**

#### Central Zone Championship (50m)

The Big Daddy of summer competitions. 'AAA' NAG times needed to qualify.

**05-08 August—Topeka, KS**

#### Fall session begins

The 2004-05 season gets underway with the Fall session. Detailed registration information will be mailed to all 2004 athletes in early August.

**07 September**



## Saluki Swim School

For children 3 to 12 years of age

Registration for summer classes is now open!

Register online at:  
**www.swimsaluki.com**

or call Saluki HQ at 457-1103 for a registration form

### Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14 No practice for any group	15 No practice for any group
SALUKI INTERNATIONAL						
16  SALUKI	17 No AM practice	18	19	20	21	22

## What do training site liaisons do?

The Saluki Board of Directors consists of 9 members including the Head Coach. Two of these positions are listed as training site liaisons. They represent the various groups that train at each pool.

Board members serving as site liaisons are the immediate contact person for families with swimmers at a particular training pool. There are two site liaisons representing the Pulliam and Shea pools. The Pulliam liaison, for example, would relay questions or concerns from Pulliam families to the coaches or the Board. It is not the purpose of the liaisons to prevent a club member from contacting the coaches or Board directly but merely to represent each group in the normal operations of the club and to be a primary contact person who can answer questions or provide other information.

If you have questions about how the club operates or if you want to know more about how the sport is organized we encourage you to contact the training site liaison for your pool.

## Re-registration for the summer session

[Re-registration for the summer session](#) is now open for current athletes. In the last Update we described who each group was for and what was expected. There are strict requirements for some of the groups so consider your goals and commitment when registering for the summer groups.

### Athletes must be registered by 25 May

Since Groups 2, 3, 4, and 5 all train at Shea during the summer arrangements must be made to get entry passes to the building. This is why timely reregistration is vital. Athletes who have not reregistered by 25 May will not have their names on the list the SRC personnel use to issue cards to club athletes. If your name is not on the list you will not be able to get into the building. The process of adding names to the list takes several days so please be sure you are reregistered by the 25th.

## Swimming lingo you don't know anything about

by Glynnis White

-----  
AFTER A RECENT STUDY I have concluded that many old swimming terms are obsolete. Here is a small directory of new words and phrases:

**Bill:** Head coach at SRC. Bald, with glasses (looks like Drew Carey).

**Bill-o-gram:** A drawing that Bill drew. (usually can't tell what it is)

**Costume:** Swim suit

**Debris:** Clutter around the lane like kick boards, water bottles etc. Measured at the molecular level *i.e.* "molecules of debris."

**#DIV/0!:** Term made famous by Aaron Hvidston. It refers to the thinking process (such as it is) of group 4 athletes during hard sets. Later Hvidston sold the term to Microsoft and retired to the hill country in Spain.

**Earl of Murdale:** Title given to Coach Price by former Saluki great, Rachel Steudel, in her capacity as Carbon-dale Prom Queen.

**Goggle up!:** Put your goggles on.

**Grandmother rule:** Make it look easy. If your grandmother watches practice and thinks you're in trouble she'll hurl herself into the pool to help you and, as we all know, there's nothing worse than a wet grandmother.

**Goose:** Swim coach at Pulliam. Full name: Gustavo.

**Hat up!:** See goggle up.

**Head gear:** Swim hat (latex or silicone) and goggles.

**Impossi-bill:** You guessed it, another Bill reference. This one has to do with workouts that are so hard only Bill could think of them.

**Put the hammer down:** To go as fast as humanly possible. According to Charles Du, in Peru it means Help me start a business.

**Shoes:** Zoomers or fins.

**Silverback:** A group 5 male.

# *Carpé Mañana*



24 May 2004

## Saluki Swim Club

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

E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 07-Jun-04

### Practice changes

- ▶ **29 May:** No practices for any group due to Memorial Day weekend.
- ▶ **31 May:** No practices for any group due to Memorial Day weekend.

*"I'm tired of hearing about Lewis and Clark. It's not like they fought people from space or anything"*

—Bob Rettle, EDWY



**Register now for  
summer Swim  
School classes!**

**SALU  
GEAR**

On the Saluki website

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

# Saluki Update 65

## Saluki International is a huge success

Meets at Shea always seem to produce good results for us. At the International meet last weekend Saluki athletes once again rose to the occasion and performed better than anyone thought possible. The 3 days of competition produced excellent performances as Saluki athletes ended the meet in 8th place.

### Most notable swim

We don't usually do this but...there was a swim where one Saluki athlete truly outdid himself. Vishnu Srinivasaraghavan's 200 freestyle stands out as one of the most impressive swims for the club. Vishnu started out with a high stroke rate and from the first 50 it just kept getting faster. By the last 50 coaches were expecting pieces to fall off. He finished with a B time that was 44 seconds faster than his previous best and with an effort so extraordinary that it is rarely seen in youth sport competition.

### Rossi qualifies for Central Zone championship!!

Breein Rossi qualified for the Central Zone Championship in the 50 freestyle with her first ever 'AAA' long course time for 15-16 year olds. Way to go Bree!

### 12 new 'A' times

Seven Saluki athletes achieved their first 'A' time in the following events:

- ▶ Elizabeth Bell: 100 back, 100 fly
- ▶ Hootie Burwell: 200 breast
- ▶ Charles Du: 100 free, 200 IM, 50 free
- ▶ Justin Hvidston: 100 fly
- ▶ Ryan McDonald: 200 free
- ▶ Ashley Teller: 200 IM, 200 breast, 50 free
- ▶ Taylor Tripp: 400 free, 100 fly

### For the first time in years the meet reached maximum subscription

It appears that the International is back! After struggling through several years of relatively small entry numbers this years International had over 350 swimmers attending. "This is a good number for this meet," said Saluki guru Bill Price. "Next year we will be limiting entry so that the time lines don't become too long to be enjoyable."

## Summer session begins on Tuesday, 1 June

If you haven't already registered for the summer session then now is the time to do it. To begin training on the first day (1 June) you must be registered by 25 May so that the Student Recreation enter has time to process building access issues for Saluki athletes.

### Proper use of SRC cards

Athletes in Group 'A', Group 'B', and the Skill group need an entry card to use the Student Recreation Center. All athletes who are registered by Tuesday, 25 May will have their names on the entry list by the first day of practice. Those who register after the 25th will be contacted about when they can receive their entry card.

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.

### 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.

- 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.
- 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.
- The card is only to be used for club activities. Use of the card at any other time or for any other purpose will result in the loss of both the card and training privileges at Shea.

## “Athens Hat” hits the road!

The Saluki swim cap that club members signed during the meet last weekend has begun its journey to Greece. Earlier this week staff at Saluki HQ shipped the cap to USA Swimming in Colorado Springs. From there it will travel with the US Olympic Team to its training camp and finally arrive, with the team, in Athens.

## Meet Etiquette

by Cami Grebel-Bremer

THIS WEEK’S SPEEDO TIP is an excerpt from the January-February 2004 issue of Splash, in which special correspondent Cami Grebel-Bremer writes about meet etiquette. Follow these nine points to get the most out of any meet you’re competing in this season.

### Grebel-Bremer’s Tips:

**Arrive on time.** Get to a meet early enough to settle down into a ‘spot’ with your team and be ready with your cap and goggles on when the warm-up session starts. Meet warm-ups are often short and crowded, so it’s important to be on time.

**Be prepared.** It is best to know what events you are swimming BEFORE warm-up. This way, you can practice the appropriate starts, turns and sprints in the warm-up. Also, make sure that you have everything you need – towels, swimsuit, water bottle, cap and goggles.

**Sit with your teammates and cheer.** Swim meets are the best time to get to know your teammates and build team spirit. It is also easier for your coach and teammates (relay members) to find you if they need you.

**Stay positive.** If you have a bad swim, or you don’t want to swim the events you’re entered in, get over it and just do your best. In her Road to Athens Journal, recently published on USA Swimming’s web site, Mary DeScenza writes, “Some-

## Important Dates

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

### Spring session ends

If you’re planning on training with Saluki over the summer then be sure to register by 25 May.

### 28 May

### Indiana Invitational (50m)

This is a senior level prelim/final, team travel event. It is held at the Counsilman/Billingsley Aquatic Center at Indiana University.

### 25-27 June—Bloomington, IN

### Clayton Summer Invitational (50m)

This outdoor meet at the recently rebuilt Shaw Park pool runs in a prelim/final format for 13 & over (timed final for 12 & under) and is loaded with out-of-town competition. **Entered**

### 09-11 July—Clayton, MO

### Ozark Championship (50m)

The big meet of the summer season and final chance for Zone cuts. Q2 cuts required. [Please register to work at this meet.](#)

### 30 July-01 August—Carbondale, IL

### Summer session ends

This is the last day that training will be held during the summer session.

### 04 August

### Central Zone Championship (50m)

The Big Daddy of summer competitions. ‘AAA’ NAG times needed to qualify.

### 05-08 August—Topeka, KS

### Fall session begins

The 2004-05 season gets underway with the Fall session. Detailed registration information will be mailed to all 2004 athletes in early August.

### 07 September

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28 Last practices of the Spring session	29 No practice for any group
30	31 No practice for any group	1 SUMMER SESSION BEGINS	2	3	4	5

times your coach puts you in an event you do not like. You just have to do your best and not complain.”

**Bring plenty of drinks and snacks.** Know how much water you will need (about 8 ounces per event) and be prepared. Bring light snacks to munch on, such as fruit, goldfish or string cheese. You don't want to be buying Skittles from the concession stand.

**Realize that relays are just as important as your individual events (if not more so).** Give it your all and help pump up your teammates (no matter which relay you're on). Swim in the relay order your coach gave you, and HAVE FUN! Also, stay and cheer on your team until your last teammate is out of the water.

**Talk to your coach and cool down after every event.** Make sure that you see your coach after each event to get input on your race. And if you have time, cool down between events until your heart rate is below 100. Cooling down will make a huge difference in your body's ability to recover for future races.

**Respect the meet officials.** Remember that these are volunteers who want to see you get the most out of swimming. Go so far as to thank the person who DQ'd you for helping you to improve.

**Clean up ALL of your mess.** It is important to leave your area just as you found it. Throw away your empty bottles and Power Bar wrappers. If your teammates left a mess, go ahead and pick it up. That's what teammates are for!



## Space dwindling in June swim school classes

There are very few slots left in the June swim school classes and some of the July sections are also filling. If you haven't yet registered for summer lessons time is running out.

## Chaperone still needed for Bloomington

Apparently the opportunity for scintillating conversation with Coach Price is just not enticing enough for a Saluki mother to volunteer to chaperone the Bloomington trip. However, we still need a chaperone.

## SRC Saturday practices

Our Saturday practices are dependent on the SRC building schedule. If the SRC is closed, or if it opens later than the usual 10:00a time, then we do not have practice on that Saturday. Most of the time we know when the SRC schedule changes but sometimes we are caught off guard, and sometimes (believe it or not) we're wrong about the schedule all together.

The definitive word on Saturday practices can be found on the website. We urge families to check the website on Friday's to be sure that the Saturday workout is on (or off).



## 48 qualifiers for the Ozark Championship

Following the International meet Saluki now has 48 qualifiers for the Ozark Long Course Championship that will be held at Shea in late July. This is the highest number of qualifiers for an Ozark championship meet the club has ever had. To qualify for the meet athletes must have met the Ozark 'Q2' standard.

To participate in this meet as part of the Saluki Racing Team athletes have to be registered for the summer session. The more athletes we enter in this meet the better we will do especially with relays! So be sure to get yourself registered for the summer.

### Worker registration is now open

As with any meet we host at Shea we will be needing lots of volunteer help to make it work. The Gator Swim Team from Cape Girardeau is co-hosting with us and their families and athletes are not affected by the SISL championship on 31 July. This will help but we need a full compliment of enthusiastic workers for Friday and Sunday. We also urge anyone not involved in the SISL meet to register to work during the Saturday sessions.

### Prelim/final format

The meet will be run in a prelim/final format where preliminary heats of each event are run in the morning sessions and the top 16 athletes return to race again for points and places in the finals session. The 10 & under age group will only participate in the morning sessions and their events will be conducted as timed finals.

### Final meet of the season

For most athletes the Championship will be the last competition of the summer season. Some athletes will be here for a final tune up before Zones (or a last chance to qualify) but for most this is the 'Big Meet' of the summer and they are depending on Saluki and the Gators to provide the best possible conditions.

The aura surrounding a "championship" meet comes to Shea only twice a year. We see it in February when the Missouri Valley Conference holds its championship with three days of great college swimming and an excitement level that is hard to describe. And it happens in July when we host the Ozark Long Course Championship. What links these two meets is that athletes are as ready as they'll ever be for breakthrough performances. The training is over, the swimmers are rested, coaches are nervous (can you believe it?!) and the tension level is off the scale. It's what sport is all about.

Please be generous with your time when signing up to work the meet. We'll have further information available in a few weeks.



07 June 2004

## Saluki Swim Club

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

E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 21-Jun-04

### Practice changes

- ▶ There are no practice changes that we know of at publication time. Check [Swimsaluki.com](http://Swimsaluki.com) for the most up to date practice information.

*“Get comfortable with being uncomfortable”*

—John Leonard



**Register now for July Swim School classes!**



On the Saluki website

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

# Saluki Update 66

## Group ‘A’ athletes begin morning workouts on Monday

On Monday, 7 June the summer will be in full swing in Carbondale. Group ‘A’ athletes will begin morning workouts from 6:00-8:00a, Monday through Friday. For the first week all workouts will be short course. During the second week we will begin a Monday, Wednesday, Friday pattern of long course training.

Group ‘A’ athletes need to make the morning workout their primary workout if not doing doubles since the afternoon sessions are already quite crowded with the Group ‘B’ athletes.

### Don't forget proper training equipment

All athletes need to show up at practice with the full compliment of training equipment. Goggles, cap, water bottle, and Zoomers if their group uses them. Without the proper training aids the full training effect of certain workout sets will not be realized.

### Billing note

Because of a careless choice of words in the message at the bottom of the last billing statement many families who had not registered for the summer session got the impression that they were being charged for it anyway. This is not the case. Only those who registered for the summer were charged the summer fees.

*From the Saluki Archive*

## Repeticio Mater Studiorum

by Bill Price

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ONE OF THE EASIER ASPECTS OF WRITING THIS NEWSLETTER which I did not fully appreciate until last year, is just how much of the content is repetitive. The content is dictated not only by the seasonality of age group swimming but also by the constant inflow of new swimmers and parents. But what is repetitive to older members of the team may very well be the Rosetta stone of youth sport to a newer family. So, with that brilliant introduction, I am able to launch myself into a discussion of progress and outcome goals and why you should be interested.

Whenever we start a new project here at Saluki HQ we have a definite outcome in mind. Depending on the complexity of the task however, the outcome may seem depressingly far off. We frequently need an intermediate dose of motivation to keep us on the right track. In coaching, this intermediate point is called a progress goal. It measures progress on the way to the desired outcome. Measuring progress is a standard practice in any long term endeavor. It not only indicates that improvement is being made but it also allows one to reevaluate the direction the progress is taking i.e. "are we still headed in the right direction?" It forces us to focus on the process of reaching the desired outcome.

In 1969 Neil Armstrong was asked what it was like when he first set foot on the moon. He said that after all the planning and training it just seemed like the right place to be at the time. His answer drives home the difference between process and outcome. Flying to the moon is a process oriented activity. You can't simply blast off and figure it out on the way.

Progress goals are also referred to as short term goals. Short, intermediate milestones on the way to an ultimate long term objective keep people motivated and on the right path. Taking the long view sounds like great advice but for new team parents it's not very practical because they don't yet know what the long view is. The danger is that not knowing the long view leads one to put inappropriate emphasis on short term objectives as if that's all there is.

What confounds swimmers and parents most is losing sight of the difference between outcome and process. Focus on what your children are learning and not on how they stack up against others on the team. For reasons that no one can explain completely children improve, learn, and grow at different rates. Focus on the process of improvement; coming to practice, listening to the coach, understanding the details of training and attending meets. These items all reinforce the process of getting better.

## Goal setting program to launch in September

A formalized program of goal setting and tracking will be started this coming fall season. While planning how this program will be introduced and deciding what will be required to make it a useful addition to the athlete evaluation process we realized that preparation is a vital component to getting things started in the right direction.

For goal setting to have any meaning the athletes themselves need to be able to decide what's important and what they want to get out of the sport. Obviously this applies to a long term (seasonal) objective and the short term markers that will either indicate that progress is ongoing or that reevaluation is necessary. For some of our older athletes this requires a closer attention to the detail of what their participation in the Saluki program is all about.

Almost everything that happens in a swimmers career is the result of how well they enhance their participation in the program—how they take advantage of what's actually available to them. Dr. Tim Henrich, Ph.D. offers advice to swimmers on how to do this:

**Initiate communication** with the coach. You must do your part to establish rapport. This is one way to let the coach know you're involved in the training program.

**Accept challenges** from the coach.

**Accept leadership opportunities.** Lead the group in activity such as stretching, team cheers etc.

**Cooperate with your peers and coaches.**

**Make technique and strategy corrections.** Especially in training and meets.

**Listen.** Successful training depends on you being involved at a cognitive level.

**Learn how to use the pace clock!**

**Be willing to try new things.** Including new coaches, new ideas and new swimmers moving into your group.

**Support your team mates.**

**Know your times** including workout sets, and best performances. You should be **thoroughly familiar** with your own past performances.

## Important Dates

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

### Indiana Invitational (50m)

This is a senior level prelim/final, team travel event. It is held at the Counsilman/Billingsley Aquatic Center at Indiana University. **Entered 25-27 June—Bloomington, IN**

### Clayton Summer Invitational (50m)

This outdoor meet at the recently rebuilt Shaw Park pool runs in a prelim/final format for 13 & over (timed final for 12 & under) and is loaded with out-of-town competition. **Entered 09-11 July—Clayton, MO**

### Ozark Championship (50m)

The big meet of the summer season and final chance for Zone cuts. Q2 cuts required. [Please register to work at this meet.](#)

### 30 July-01 August—Shea Natatorium

### Summer session ends

This is the last day that training will be held during the summer session.

### 04 August

### Central Zone Championship (50m)

The Big Daddy of summer competitions. 'AAA' NAG times needed to qualify.

### 05-08 August—Topeka, KS

### Fall session begins

The 2004-05 season gets underway with the Fall session. Detailed registration information will be mailed to all 2004 athletes in early August.

### 07 September

### Dual: Saluki at Centralia

Our first meet of the season. Bus transport will be provided.

### 09 October—Centralia, IL

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 Group 'A' AM workouts begin	8	9	10	11	12
13	14	15	16	17	18	19



21 June 2004

## Saluki Swim Club

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

E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 05-Jul-04

### Practice changes

- ▶ 26 June: No practices.
- ▶ 28 June: No AM practice.
- ▶ 3-5 July: No practices due to July 4th holiday.

*“We do these things not because they are easy but because they are hard.”*

—John F. Kennedy



**Register now for July Swim School classes!**



On the Saluki website

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

# Saluki Update 67



## July swim school slots disappearing

The last opportunity for swimming lessons this summer is knocking on the door. As this *Update* hits the streets less than 20 slots remain in our July swim school classes. No classes are offered in August so July will be the last opportunity for your child to begin his exciting athletic career until classes resume in September.

### Fall schedule available on 1 July

The fall schedule of classes will be published on 1 July. The fall session will run from 13 September to 24 November. Registration for the fall will also open on 1 July. Preschool, Beginner, and Stroke Development groups will be offered.

## What is my best time?

Future success in sport is built on past efforts so athletes should always have sound knowledge of their past performances. While this may not include every single time they’ve ever produced it most surely does include their best performances. By the time young athletes reach 11 or 12 years of age they should have a good working knowledge of what their best times are. The older they get the more comprehensive this knowledge should be, including splits, results from different times of the year, practice set mile-stones etc.

Knowing performance times and practice accomplishments along with other similar aspects of training demonstrate an intelligent cooperation in an endeavor that, as the athlete moves into an elite level, requires not only good planning on the part of the coach but an *understanding by the athlete* of what is going on. Without this understanding real progress is never going to be made. Simply showing up and doing the work is just not enough.

### Where can I get my best times?

A best times database is kept by Saluki HQ but access to it is limited. Although we are happy to provide copies of an athlete’s times it is far easier and much more timely to simply download them from the Internet databases that track them. They are available in the [Ozark Times Database](#) and in the [STAR database](#) maintained by USA Swimming. The USA Swimming site also provides athletes web space to track meets they have participated in and the times they did in those meets. These are valuable tools and we encourage every Saluki athlete to try them out.

## Practice attendance

by Bill Price

THE VALUE OF ATTENDING PRACTICE is a recurring theme in this letter. Every year when I write about how important it is to come to practice I begin with the belief that this is the year when we will be flooded with swimmers at every training session. Alas, this is usually not the case but in the hope that someone is ready to get the message here are some of the immediate benefits of attending practice.

### Predictable training effect

*Training effect* is the term physiologists use to describe what happens to the body engaged in a strenuous and regular exercise program. Tacking the word *predictable* in front of the term simply means that the coach and swimmer can anticipate certain specific physical changes based on work and frequency. The key words are strenuous and regular. While strenuous might be defined in different ways depending on the kind of

training being done, regularity is easy to recognize. Group 'A' athletes have 11 practices scheduled each week. Regularity would be attending 75-100% of those practice sessions. Attending practice less often might produce a training effect but it would not be predictable and adjusting the training cycles would be mostly guesswork. Being able to predict where a swimmer is in a training cycle by looking at practice/meet performance *and* training history is a necessary component to designing the seasonal and long term plans.

**Skill development and refinement**

Swimmers of all ages benefit from the increased skill development of a regular practice schedule. It is impossible to work on every swimming skill at every session so certain days are usually reserved for certain skills. A swimmer who doesn't come to practice that often is missing a lot in terms of just doing certain skills.

In addition to developing new skills repeated practice helps to refine skills so they are done correctly and automatically. When a swimmer performs a skill he has just learned it is usually a very mechanical looking performance—you can almost see his brain ticking off each intermediate step in execution. A refined skill happens without conscious thought—it looks fluid and powerful. This is the result of regular practice attendance.

**Confidence**

No matter what kind of race plan a swimmer has when he steps up on the block before a race the single most important ingredient to the training mix at that point is his confidence in being able to carry out the plan. He is aware of what he will face over the next few minutes and he knows what he wants to do with that time. Without regular practice the plan is all form with no substance. Without regular practice the swimmer hasn't the slightest chance of carrying it out.

**The bottom line**

Attending practice is the most important ingredient to a long term training program. Although swimmers of various ages benefit from different levels of training, confidence, and skill refinement, all three factors are a result of frequent practice. Counting on the occasional killer workout to make up for missed training will not do the trick. Success will only result from a consistent practice schedule and a committed work ethic.

**Important Dates**

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

**Indiana Invitational (50m)**

This is a senior level prelim/final, team travel event. It is held at the Councilman/Billingsley Aquatic Center at Indiana University. **Entered 25-27 June—Bloomington, IN**

**Clayton Summer Invitational (50m)**

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The big meet of the summer season and final chance for Zone cuts. Q2 cuts required. [Please register to work at this meet.](#) **30 July-01 August—Shea Natatorium**

**Summer session ends**

This is the last day that training will be held during the summer session. **04 August**

**Central Zone Championship (50m)**

The Big Daddy of summer competitions. 'AAA' NAG times needed to qualify. **05-08 August—Topeka, KS**

**Fall session begins**

The 2004-05 season gets underway with the Fall session. Detailed registration information will be mailed to all 2004 athletes in early August. **07 September**

**Dual: Saluki at Centralia**

Our first meet of the season. Bus transport will be provided. **09 October—Centralia, IL**

**Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26 No practices
					BLOOMINGTON	
27	28 No AM practice	29	30	1	2 LAST DAY to register for early July swim school classes	3 No practices due to Independence weekend
BLOOMINGTON						



05 July 2004

## Saluki Swim Club

P.O. Box 3293  
Carbondale, Illinois 62902  
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Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 19-Jul-04

### Practice changes

- ▶ **05 July:** No practices due to Independence weekend.
- ▶ **09 July:** No AM practice.
- ▶ **10 July:** No practice.
- ▶ **12 July:** No AM practice.

*“Life is good.”*

—*Kyle Walker*



**Register now for**  
**Fall Swim School**  
**classes!**

**SALU**  
**G E A R**

On the Saluki website

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

# Saluki Update 68

## Ozark Championship notes

**B**elieve it or not the Ozark Championship is just 4 weeks away! Qualifiers who plan to attend the meet must register by 19 July. There are still a significant number of qualifiers who have not registered.



### Worker sign-ups are underway

We are co-hosting the meet with the Gator Swim Team but we still need full Saluki parent participation to run the meet successfully. Issues surrounding the SISL championship on Saturday, 31 July were discussed in detail in Update #64. We know some parents will be unable to be at Shea on Saturday but we need your help on Friday and Sunday. Please register to work.

### Kobayashi Maru set for Tuesday, 6 July

Older swimmers should use the brief holiday weekend wisely because the first thing on the training agenda is the infamous Kobayashi Maru, a delightful romp through the aerobic system consisting of 6 x 400 @ 5:00. Each athlete's six efforts are recorded then added to get a 'score.' The score depends solely on how much effort the athlete puts into the set so this is one of our hardest, most intense training events. Just being able to complete the test (400s on 5:00 are not a walk in the park for most of our athletes) is a good goal.

### Long course training for Group B swimmers

Beginning on Wednesday, 7 July Group B athletes who are registered for the Ozark Championship can attend workouts on Monday, Wednesday and Friday mornings to get used to the 50m course. AM workouts begin at 6:00a and end at 8:00a. No one gets out early.

### Pre-meet Quatros pizza bash

Lance Armstrong won't be able to attend this year but the end-of-season pizza bash will still be held at Quatros. The date is tentatively set for 29 July. We will confirm details in Update #69.

## Fall swim school registration is now open

On 2 July the fall instructional schedule for swim school classes was published. Lessons begin on Monday, 13 September. There are 200 fewer slots available in the fall as compared to the summer so we expect all classes to fill quickly. Prompt registration is encouraged.

The schedule was modified so lessons and competitive training fit into the pools more effectively. Preschool classes are now offered at 6:00p only. Other classes (beginner and stroke development groups) are offered at 6:45p.

## New meet entry procedures in effect

Beginning immediately the following meet entry procedures will be in effect:

1. For meets on the Saluki calendar coaches will choose all events that athletes will compete in. This includes invitational, dual, and championship meets. Consultation with athletes, if there is any, will be at the coach's discretion.
2. We will send one entry only for each meet we enter. Athletes who do not register for a meet in a timely manner will not be entered. It is important to pay attention to the meet registration process.

3. Saluki HQ will no longer enter athletes in meets that are not on the team calendar. This is now the responsibility of each family that wants to attend a non-calendar meet. Instructions on how to enter children in a meet will be posted on the website along with PDF files of the necessary forms.
4. Meet sign-up sheets will no longer be used. Meet entry is now only possible through the meet registration page on the club website or by phoning Saluki HQ.

## 2004-05 Meet Calendar

### October

- ▶ 09 Oct – Saluki at Centralia. Dual meet. For all swimmers. Bus transport will be provided.
- ▶ 15-17 Oct – Nashville Open. Tracy Caulkins Swim Center, Nashville, TN. For Group 2 and up.

### November

- ▶ 19-21 Nov – Carbondale 500. Shea Natatorium. For all swimmers.

### December

- ▶ 04 Dec – Swim Your Own Age. Clayton, MO. Single year age groups. For younger swimmers.
- ▶ 03-05 Dec – Meet of Champions. Brentwood, TN. Prelim/Final competition. Team travel trip for Group 4 and 5.
- ▶ 10-12 Dec – Ozark Open. Rec-Plex, St. Peter's, MO. Prelim/Final competition, qualifying times.

### January

- ▶ 07-09 Jan – Paducah Swimfest. Executive Inn (25m), Paducah, KY. For Jedi, Group 2, and Group 3.
- ▶ 28-30 Jan – Gabrielle Rose Invitational. University of Memphis, Memphis, TN. Team travel trip for Group 4 and 5.

### February

- ▶ 04-06 Feb – Great Times Invitational. Central pool, Cape Girardeau, MO. All swimmers.
- ▶ 12 Feb – Tri-State Championship. Shea Natatorium. For all swimmers. Closed invitational with Cape Girardeau, Paducah, and Centralia.
- ▶ 25-27 Feb – Ozark Championship. Rec-Plex, St. Peter's, MO. Ozark Q1 times required for entry.

## Important Dates

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

### Clayton Summer Invitational (50m)

**Updated entry list is now posted**

This outdoor meet at the recently rebuilt Shaw Park pool runs in a prelim/final format for 13 & over (timed final for 12 & under) and is loaded with out-of-town competition. **Entered**

**09-11 July—Clayton, MO**

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### New athlete evaluations

These sessions are for new swimmers who wish to join our program. Athletes need only attend on Tuesday or Wednesday at 5:30p. At least one parent must accompany potential members.

**07-08 September—Pulliam pool**

### Fall session begins

The 2004-05 season gets underway with the Fall session. Detailed registration information will be mailed to all 2004 athletes in early August.

**09 September**

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Our first meet of the season. Bus transport will be provided.

**09 October—Centralia, IL**

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 No practices due to Independence weekend	6 Kobayashai Maru	7	8	9 No AM practice	10 No practices
					CLAYTON INVITATIONAL	
11  CLAYTON	12 No AM practice	13	14	15	16 LAST DAY to register for late July swim school classes	17



19 July 2004

## Saluki Swim Club

P.O. Box 3293  
Carbondale, Illinois 62902  
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E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 02-Aug-04

### Practice changes

- ▶ There are no practice changes that we know of at press time. Check the website for the latest updates.

*“Time is nature’s way of making sure that everything doesn’t happen at once.”*

—Brittany Schlenker



**Register now for Fall Swim School classes!**

**SALU**  
**GEAR**

On the Saluki website

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

# Saluki Update 69

# OZ04

## swimming championship

SHEA NATATORIUM

### SPECIAL OZARK CHAMPIONSHIP ISSUE

**W**ith only 2 weeks left to go the buzz around the Ozark Championship is heating up. Saluki has 28 athletes entered which is 5 more than we had last year. This year we’re hoping for about 300 athletes to fill out the meet. This issue of the *Update* is devoted to the Ozark Championship and important information about the meet that all families need to know. If you’ve never participated in a prelim/final or a championship meet before there are differences from other kinds of meets that you need to know about. Please read carefully.

#### Saluki entry published on the 21st

The absolute last day to register for the meet is Monday, 19 July. We will publish our entry on the website sometime on Wednesday, 21 July.

Every athlete should know what events he is swimming in. Print the entry list for reference.

#### How the meet works

Most events in the Ozark Championship meet are run in a prelim/final format. This means that all swimmers entered in an event swim in preliminary heats during the morning session, and the top 16 athletes in each event return at night to swim for points and places in finals.

A swimmer who makes a final but doesn’t swim it is removed from the meet. Athletes who leave the preliminary session without checking their finals status risk being eliminated from the meet. This means that athletes must be aware of what their status is prior to leaving prelims. This is perhaps the single biggest mistake an athlete can ever make. They usually only make it once but it would be doubly unfortunate if it were to happen in a championship meet.

### The Team

Here is the Saluki Racing Team for the Ozark Championship:

#### 10 & under

Marta Burwell  
Camille Davis  
Michaela Lunsford  
Kailyn Schuetz  
Kelsie Walker

#### 13-14

Charles Du  
Joyce Du  
Aaron Hvidston  
Glynnis White

#### 11-12

Elizabeth Bell  
Hootie Burwell  
Jensen Falker  
Abby Gregory  
Calvin Kolar  
Taylor Tripp  
Alison White

#### 15 & over

Robert Byars  
Alex Halbrook  
Justin Hvidston  
Lindsey Kolar  
Jameson Kuper  
Lindsay Kuper  
Ryan McDonald  
Natalie McLean  
Markum Reed  
Breein Rossi  
Claire Strock  
Ashley Teller



## Important Dates

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

### What if I'm an alternate?

Two alternates are announced with each events finalists so that the athletes with the greatest chance of becoming finalists are alerted that their status might change if there are scratches after prelims. Alternates moved into the final as a result of scratches must return at night. Those who remain alternates should return at night anyway because if there is a scratch at finals they might get another opportunity to compete if they are there and ready. Saluki alternates will return and warm up so that if the opportunity arises they will be ready.

It's possible that athletes who finish well below the top 16 times will get to swim again at night if there are a lot of scratches. Athletes should not assume that they are not in finals merely because they finished lower than 16th or 18th place in the prelims. This is especially true on Sunday when more than the usual number of athletes scratch from finals.

**NOTE: The 10 & under age group does not compete in finals. All 10 & under events are timed finals and occur in the morning session.**

### Am I on a relay?

Relays will be posted on the wall in the team area. All relays will be swum in the morning session. Based on meet registrations so far the age groups with relays are: 10 & under girls, 11-12 girls, 15 & over girls, and 15 & over boys.

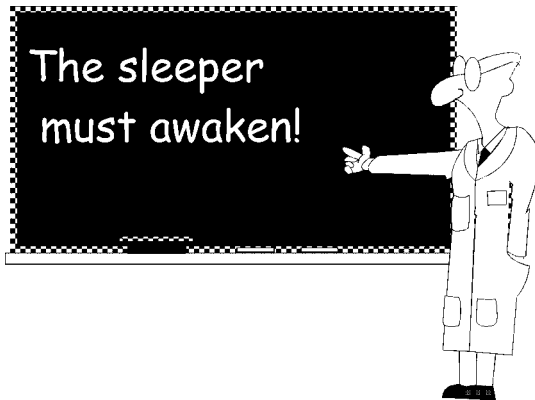
### Team equipment is available at the Rec Sport Shop

Anyone who needs Saluki swim caps can get them at the Rec Sport Shop. They are the official supplier of team logo items. They also have a wide range of other swim gear.

## Workers needed to help run the meet

Many parents have not yet registered to work. It is essential that every family with athletes in the meet help work at the meet. Because this is a championship meet we do not have the 50 to 60 athletes entered and the correspondingly large number of parents available to work that we normally do. As a result the meet is going to be run by a smaller than normal group of people.

Please, if you haven't already registered to work at the Ozark Championship [take a moment and do it now](#).



### Ozark Championship (50m)

The big meet of the summer season and final chance for Zone cuts. Q2 cuts required. [Please register to work at this meet](#). **Entry deadline is 19 July.**

**30 July-01 August—Shea Natatorium**

### Summer session ends

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**04 August**

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**05-08 August—Topeka, KS**

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These sessions are for new swimmers who wish to join the program. Athletes need only attend on Tuesday or Wednesday at 5:30p. At least one parent must accompany potential members.

**07-08 September—Pulliam pool**

### Fall session begins

The 2004-05 season gets underway with the Fall session. Detailed registration information will be mailed to all 2004 athletes in early August.

**09 September**

### Dual: Saluki at Centralia

Our first meet of the season. Bus transport will be provided.

**09 October—Centralia, IL**

### Nashville Open

Saluki hits the Music City for this popular early season timed final competition. For Group 2 and up.

**15-17 October—Nashville, TN**

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>	<b>19</b> LAST DAY to register for the Ozark Championship	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> End-of-season pizza party at Quatro's	<b>30</b>	<b>31</b>
					OZARK CHAMPIONSHIP	



02 August 2004

## Saluki Swim Club

P.O. Box 3293  
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E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 30-Aug-04

### Practice changes

- ▶ **04 Aug:** Last day of training for the summer session.
- ▶ There is no practice until Saluki is back in action on 9 September. We hope everyone has an enjoyable and recuperative break.

*“If you’re not going to go all the way then why go at all?”*

—Marta Burwell



**Register now for Fall Swim School classes!**

**SALU**  
**G E A R**

On the Saluki website

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

# Saluki Update 70



## Saluki finishes in 6th place in Ozark Championship

No one who attends Ozark Championship meets on a regular basis could have predicted that two teams would have had such a close battle going into the last few races. But Saluki and the Southeast Aquatic League finished just 39 points apart after a strong surge by the Saluki Racing Team in the last finals session. SEAL finished in 5th while Saluki moved from 7th place after the Saturday finals session up to 6th position.

### Ozark champions!

Lindsey Kolar, Jameson Kuper and two Saluki relays all won 1st place finishes in the meet. Kolar won 5 individual events: 100 breast, 200 breast, 200 IM, 100 free, and 200 free for 15 & over girls. Kuper won the 100 and 200 breaststrokes for 15 & over boys.

The 15 & over Saluki relays also swam well. Claire Strock, Kolar, Breein Rossi and Lindsay Kuper won the 4 x 100 medley relay, and Natalie McLean, Kolar, Rossi, and Kuper won the 4 x 100 freestyle relay. Bob Byars, Alex Halbrook, Justin Hvidston, and Markum Reed won the 4 x 100 freestyle relay.

### Final team scores

Parkway	4637.5
Clayton	1974.5
Gator	1813
Rockwood	1787.5
Southeast	1181
Saluki	1141.5
Rec-Plex	991
Edwardsville	651.5
Flyers	621
Centralia	451
Team Genesis	266
Rolla Fins	201.5
Heat	164

### Place winners

The following athletes placed in the top 16 in their events and contributed to the 6th place finish:

- ▶ Elizabeth Bell: 200 IM (6), 100 free (9), 100 back (7), 50 fly (3).
- ▶ Abraham Botros: 100 Back (9), 100 free (16).
- ▶ Paul Botros: 100 breast (16).
- ▶ Alma Burwell: 50 breast (9), 100 back (10).
- ▶ Marta Burwell: 200 IM (15), 50 breast (16), 100 back (8).
- ▶ Bob Byars: 200 IM (2), 100 free (2), 200 back (6), 100 fly (2).
- ▶ Camille Davis: 100 free (7), 50 breast (10), 100 back (11).
- ▶ Charles Du: 200 IM (3), 400 free (13), 100 free (4), 100 fly (3)
- ▶ Joyce Du: 100 breast (11), 200 back (13).
- ▶ Alex Halbrook: 200 IM (3), 200 free (7), 100 back (3), 50 free (13), 100 free (7), 200 back (5), 100 fly (10).
- ▶ Aaron Hvidston: 200 IM (9), 400 free (10), 100 free (9), 100 breast (11), 100 fly (7).
- ▶ Justin Hvidston: 200 breast (4), 50 free (13), 100 breast (10), 100 fly (13).
- ▶ Calvin Kolar: 400 free (10), 100 breast (6), 50 back (9), 100 free (14), 50 breast (6), 50 fly (8).
- ▶ Lindsey Kolar: 200 IM (1), 200 free (1), 200 breast (1), 50 free (4), 100 free (1), 100 breast (1), 100 fly (5).
- ▶ Jameson Kuper: 400 free (2), 200 free (3), 200 breast (1), 50 free (4), 100 free (4), 100 breast (1), 200 back (4).
- ▶ Lindsay Kuper: 400 free (6), 200 free (10), 200 breast (6), 50 free (12), 400 IM (4), 100 free (12), 100 breast (14).
- ▶ Michaela Lunsford: 200 IM (11), 200 free (9), 100 free (11), 50 fly (15).

- ▶ Ryan McDonald: 200 IM (12), 400 free (10), 1500 free (6).
- ▶ Natalie McLean: 200 IM (11), 100 free (16), 100 breast (15), 100 fly (4).
- ▶ Markum Reed: 200 IM (14), 200 breast (5), 50 free (11), 100 free (13), 100 breast (5), 100 fly (8).
- ▶ Breein Rossi: 200 IM (4), 200 free (8), 200 fly (2), 50 free (5), 100 free (7), 100 breast (8), 100 fly (3).
- ▶ Kailyn Schuetz: 50 breast (14).
- ▶ Claire Strock: 400 free (10), 200 free (15), 100 back (6).
- ▶ Taylor Tripp: 200 IM (3), 400 free (2), 100 free (7), 100 back (6), 50 fly (9).
- ▶ Kelsie Walker: 100 back (13).
- ▶ Glynnis White: 100 breast (12).

**Kudos all around**

This was one of the very few long course meets that beat it's time line for the Friday timed finals session and the prelim sessions on Saturday and Sunday. Congratulations and thank you's go to all Gator and Saluki families who helped run the meet and the officiating team that kept things running efficiently.

**Fall registration info to be mailed on 10 August**

The publishing team at Saluki HQ is working overtime to get the fall session registration materials ready for mailing on 10 August. Registration forms must be sent back to Saluki HQ by Thursday, 26 August so that all athletes can be properly registered in time for the start of the fall session on 9 September. Here is the fall session administrative schedule:

- 06 August:** 2004-05 seasonal information is published at Swimsaluki.com.
- 10 August:** Registration materials for the fall session are mailed to all families that participated in the Racing Team program during the 2003-04 season.
- 26 August:** Deadline for registration forms and fees to be received at Saluki HQ if athletes are planning on beginning training on the first day of the fall session.
- 07-08 September:** Evaluation days for new athletes. Athletes that register on these days begin practices on Monday, 13 September.
- 09 September:** Opening day for returning athletes who registered by 26 August.

**See you in September!**

We encourage all athletes to prepare for the upcoming 2004-05 season by taking a much needed break until we start training again in September. If you're curious as to why a long break is necessary then check out the 08-Jul-02 and 22-Jul-02 *Updates* in the [2002 archive](#).

**Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> No AM practice	<b>3</b>	<b>4</b> LAST DAY of the summer session	<b>5</b>	<b>6</b>	<b>7</b>
OZARK						
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>

**Important Dates**

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**04 August**

**Central Zone Championship (50m)**

The Big Daddy of summer competitions. 'AAA' NAG times needed to qualify.

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Saluki hits the Music City for this popular early season timed final competition. For Group 2 and up.

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

**19-21 November—Shea Natatorium**



30 August 2004

## Saluki Swim Club

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

E-mail: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://www.swimsaluki.com)

Next publication date: 13-Sep-04

### Practice changes

- ▶ There are no practice changes that we know of at publication time. Practices for the fall session will begin on 9 September.

*“All you have to do is touch the wall before everybody else.”*

—Dave Moody



**Register now for Fall Swim School classes!**

**SALU**  
**G E A R**

On the Saluki website

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

# Saluki Update 71

## ON 9 SEPTEMBER SALUKI RACING TEAM BEGINS ITS ANNUAL METABOLIC REARMAMENT (you don't want to miss this!)

**B**y now all returning athletes should have returned the registration forms they received in the mail. If you haven't done this yet, and plan on training with the Racing Team for the fall session, then there is still time to mail the forms to Saluki HQ.

### New athlete evaluations

New athletes wishing to join the Racing Team must attend one of the evaluation sessions on 7 or 8 September. The sessions are held at Pulliam pool and begin at 5:30p. Complete registration materials and information will be available at the pool so potential athletes need only bring a swim suit, a parent, and a full share of enthusiasm to the session. **New athletes who register at one of the evaluation sessions begin practice on Monday, 13 September.**

The absolute last day to register for the fall session (for new athletes or old) is Wednesday, 27 October. After that date athletes can register for the winter session beginning in January.

### Required equipment

Each group has its own equipment list. All groups need the obvious—swim suit, cap, goggles, water bottle—and athletes who show up to practice without these items are not prepared and cannot fully participate in training sessions. Additional equipment includes the following:

- ▶ Group 3: Zoomers
- ▶ Group 4 & 5: Zoomers and hand paddles.

### 2004-05 short course meet schedule

The tentative meet schedule was published in *Update #68* in early July. Since then there have been some changes in dates and a few meets have been added to the schedule. If you haven't already checked the [calendar page](#) on the website then please do it. The calendar will have the most comprehensive and up-to-date meet information as the season progresses.

Throughout the season parents and athletes should check to see if they really are registered for the meets they think they are. Click on the meet name on the calendar page and the list of registrants for that meet will appear. If your name isn't on the list then you're not registered. To register for a meet use the meet registration tool on the website or call Saluki HQ and tell us what meets you want to enter.

**Immediate registration is necessary** for the Nashville Open (15-17 October 2004) and the Paducah Swimfest (7-9 January 2005). We strongly recommend that you register for all meets you want to attend as soon as possible. Waiting to register only increases the risk that you will not be entered. [Register now!](#)

### Billing matters

The bills for families who returned their registration forms will contain charges for the upcoming fall session. Bills will be mailed on Friday, 3 September.

- ▶ **Error in Jedi fees corrected.** When we originally published the revised fee schedule for 2004-05 the Jedi 1 and Jedi 2 groups were flipped on the list. This has since been corrected. The Jedi 1 fee is the higher of the two because the Jedi 1 group receives more practice time.
- ▶ **Parent work requirement credits posted.** It's taken several months but the *credits* for the Parent Work Requirement have been posted to all accounts. The credit list

is generated from the worker sign-in sheets available at every meet we host. As stated in the Parent Work Requirement policy *“Parents are required to work a minimum of 3 sessions per family at Saluki Swim Club sponsored meets that have 5 sessions.”* This works out to \$10 per session so if you signed-in for at least 3 sessions the full \$30 work requirement charge was credited back to your account. The credit will actually appear on your bill as a negative charge (for reasons too uninteresting to explain). In future we will try to post credits sooner.

The next billing statement will also contain the Fall 2004 work requirement charge.

## Registration for fall swim school session is open. Classes begin on 13 September

The number of classes offered in the fall swim school is much smaller than what was offered in the summer so if you’re planning on signing your children up for a few lessons this fall then now is the time to do it. All September classes are full and the first openings are for the October classes. Preregistration for all swim school classes is required. Pool-side registrations are not accepted.

### Stroke development groups bridge the gap between the swim school and the Racing Team

Every year during the evaluation period we have a few children who would like to join the Racing Team but who are not quite ready. This is part of the reason we began offering the stroke development groups as part of the swim school program. These groups prepare students for the move onto the Racing Team by teaching all four competitive strokes and related skills, and building stamina. When new intakes for the Racing Team are announced stroke development students will have first crack at any available spots if they have achieved the prerequisite skills.

We have found that the stroke development groups also give families the opportunity to find out if competitive swimming is a good choice for their child without actually joining the team. The swim school offers a shorter commitment for relatively little cost when compared with the more involved competitive side of the club. However, training time is limited and students are not eligible to compete in any meets.

## Annual general meeting set for 11 September

The Saluki Swim Club holds its Annual General Meeting (AGM) on Saturday, 11 September in the Student Recreation Center Alumni Lounge beginning at 11:00a. Election of Board officers is scheduled to be held. Other items of club business will also be discussed.

The AGM is a good way for new parents to meet some of the old hands and find out more about the club and the sport.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7 New athlete evaluations at Pulliam, 5:30p	8 New athlete evaluations at Pulliam, 5:30p	9 Fall session begins	10	11 Annual general meeting, 11:00a, SRC Alumni Lounge

## Important Dates

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

### New athlete evaluations

These sessions are for new swimmers who wish to join the program. Athletes need only attend on Tuesday or Wednesday at 5:30p. At least one parent must accompany potential members.

### 07-08 September—Pulliam pool

### Fall session begins

The 2004-05 season gets underway with the Fall session. Detailed registration information will be mailed to all 2004 athletes in early August.

### 09 September

### Annual General Meeting

The annual meeting of the Saluki Swim Club membership. Election of Board officers is held.

### 11 September—SRC Alumni Lounge

### Dual: Saluki at Centralia

Our first meet of the season. Bus transport will be provided. All athletes are automatically registered for dual meets.

### 09 October—Centralia, IL

### Nashville Open

Saluki hits the Music City for this popular early season timed final competition. For Group 2 and up. [Register now!](#)

### 15-17 October—Nashville, TN

### IM Challenge

An uncommonly popular meet featuring 50s of each stroke. This date may also be used to schedule a dual meet with Paducah. The meet will either be the IM Challenge at Shea or the Paducah dual in Paducah.

### 06 November—Shea Natatorium

### Carbondale 500

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

### 19-21 November—Shea Natatorium



13 September 2004

## Saluki Swim Club

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Next publication date: 27-Sep-04

### Practice changes

- ▶ There are no practice changes that we know of at publication time. Practices for the fall session will begin on 9 September.

*“I’m not saying it’s going to be easy. I’m saying it’s going to be worth it.”*

—Alex Mehrtens



**Register now for Fall Swim School classes!**



On the Saluki website

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

# Saluki Update 72

## Welcome back!

Our fall session is off to a good start. For the first time in several years we are operating at full strength right from opening day. 23 new athletes have joined us and all groups are now focusing on getting into shape and learning new skills. Meet registration is underway, the new parent meeting is coming up, and the Carbondale 500, our premier event for the fall session, is on the way!

### Annual general meeting changes Board lineup

The annual general meeting of the Saluki Swim Club, Inc. was held on Saturday, 11 September. Aside from the usual agenda items, the election of officers was held for the 2004-05 and several positions were filled through appointment. Here is the new Board lineup:

President:	Clay Kolar	457-4627
Vice-President:	Dale Burwell	549-4091
Secretary:	Glenna Tripp	833-8749
Treasurer:	Pam McLean	833-3991
Meet coordinator:	Eileen Walker	529-2476
Pulliam rep:	Tom Corproa	457-6204
SRC rep:	Dick Halbbrook	549-3691
Ozark rep:	Lyle White	985-2035
Head coach:	Bill Price	457-1103

### Fall Racing Team registration is closed

Originally the fall session registration period was to end on 27 October. However, since we have already reached full registration in the two groups that new athletes are most likely to be assigned to (Jedi 1 and Group 2) we are closing fall registration now. The next intake of new athletes is scheduled for the winter session that begins in January.

### New parent meeting set for 29 September, 5:30p at Pulliam pool

The annual meeting for new families will be held on Wednesday, 29 September. We hold this meeting at the beginning of each fall session to help new parents understand the sport and the club better. The meeting is held a few weeks after the beginning of practice sessions so families have a little more background for questions or understanding what some of the information they receive means. The Head Coach and several members of the Board of Directors will be in attendance.

### The difference between family travel and team travel meets

When you examine the calendar page on the website you will notice that meets are marked as *family travel* or *team travel*. A meet designated as family travel simply means that each family is responsible for their own travel and lodging arrangements for that particular meet. Team travel meets involve arrangements made by the club itself to transport athletes to and from a meet and to lodge them if necessary.

Team travel is offered for all dual meets held away from the Shea Natatorium. The club schedules a bus that collects athletes behind the Student Recreation Center and brings them back there following the meet. We try to schedule dual meets in Centralia, Cape Girardeau, and Paducah so travel distances are not that far. The bus leaves early in the morning and is usually back by late afternoon.

### More about meet registration

Almost all meets on our schedule require positive registration prior to our entering them in the meet *i.e.* athletes not registered will not be entered. There are only 2 exceptions to this rule:

- ▶ **Dual meets.** These are meets between Saluki and one other team. They are clearly marked on our calendar as dual meets. All athletes are automatically

registered for dual meets. As this Update is published there is only 1 dual meet on the schedule.

- ▶ **IM Challenge.** This is our curiously popular intra-squad competition where every athlete gets to swim a 50 of each stroke. This is an unsanctioned meet and is for Saluki athletes only. Younger and newer athletes get a few times they can use as seed times for meet entry and our older athletes get to swim a few events they don't see in USA meets anymore.

In both instances above athletes are *automatically* entered. In order to construct a sensible lineup though—especially where relays are concerned—we ask that parents let us know if a child is unable to attend a dual meet or the IM Challenge. The process is the same as positive registration except the “Take me out of this meet” button is checked instead of the other one.

## 2005 Ozark time standard published

The new time standard for the Ozark Championship meets has been released and can be found on the club website. 47% of the times got faster with the 15 & over boys age group accounting for the most improved times. In that group ALL times got faster.

Some times may be faster than last year but the way the times are used is the same. To qualify for the Ozark short course championship meet in February athletes need to have achieved a Q1 time. Qualification for the long course championship in July requires a Q2 time.

## Where to get hand paddles and Zoomers

The equipment list for some of our training groups includes hand paddles and Zoomers (training fins). These items are simply not available locally so we have included a link to an online source where you can find them. When purchasing Zoomers get the red (less flexible) model. The paddles we recommend are the Strokemaker™ models. The link below is for Kast-A-Way Swimwear, Inc. and they are located in Cincinnati, Ohio:

<http://www.kastawayswimwear.com>

## Water bottles are still available

If anyone is interested in purchasing a water bottle they should check with Eileen Walker at Pulliam. There are still a number of bottles with the club logo available. These are tall, white plastic squeeze bottles that will stand up to the rigorous use inflicted by young athletes.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 Fall swim school session begins	14	15	16	17	18
19	20	21	22	23	24	25

## Important Dates

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

### New parent meeting

Brief meeting of new families, Head Coach, and Board members. The meeting starts at 5:30p.

### 29 September—Pulliam

### DUAL: Saluki at Centralia

Our first meet of the season. Bus transport will be provided. All athletes are automatically registered for dual meets.

### 09 October—Centralia, IL

### Nashville Open

Saluki hits the Music City for this popular early season timed final competition. For Group 2 and up. [Last chance to register!](#)

### 15-17 October—Nashville, TN

### IM Challenge

A curiously popular meet featuring 50s of each stroke. This date may also be used to schedule a dual meet with Paducah. The meet will either be the IM Challenge at Shea or the Paducah dual in Paducah.

### 06 November—Shea Natatorium

### Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. [Register.](#)

### 19-21 November—Shea Natatorium

### U.S. Open

Top level senior competition. Qualifying times required. Check the USA Swimming website for full details.

### 02-04 December—San Antonio, TX

### Meet of Champions

Prelim/Final competition. Tentatively set as a team travel trip for Group 4 and 5. [Register.](#)

### 03-05 December—Brentwood, TN



27 September 2004

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Next publication date: 11-Oct-04

### Practice changes

- ▶ There are no practice changes that we know of at publication time.

*“Winners are losers  
who got up and gave it  
one more try.”*

—Dennis deYoung



**Register now for  
Fall Swim School  
classes!**



On the Saluki website

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

# Saluki Update 73

## SALUKI at CENTRALIA

9 October 2004

### Prepare for action!

The annual Saluki at Centralia match-up is set for Saturday, 9 October. This is a team effort and we hope as many Saluki as possible can attend. Athletes are *automatically* signed-up for dual meets so if you cannot attend please un-register at the Saluki website. This will help the coaches design a sensible lineup, especially where relays are concerned. Keep in mind that dual meets are team events. More than any other meet we attend, benefits the club derives from the dual meets depend on swimmer participation.

### Transport is provided

The club provides transport to all 'away' dual meets. The bus for Centralia will leave from and return to the SRC parking lot. Here is the meet itinerary:

- ▶ 8:30a: Bus leaves from behind the Student Recreation Center. Please be on time. Swimmers should eat breakfast before getting on the bus. Eating is not allowed on the bus.
- ▶ 10:00a: Warmup at Centralia.
- ▶ 11:00a: Meet starts.
- ▶ 4:00p: Racing Team arrives back at the Student Recreation Center. This is an estimated time. Please call Saluki HQ after 3:00p to get a message about a more accurate arrival time.



The cost of the bus transport will be charged to each family's escrow account. We expect that this charge will be around \$10.

### What to bring

Team swimming gear, a water bottle, and a snack are pretty much all the Racing Teamers will need for this meet. There is a small snack bar at the Recreation Complex in Centralia.

### Team uniform

**The only piece of equipment that swimmers absolutely have to wear at a meet is a team cap.** Saluki caps are only available at the Rec Sport Shop on the upper level of the Student Recreation Center. Both latex and silicone versions are available. The club hats are white with the Tut logo and the word 'SALUKI' underneath the logo. Please don't confuse these with the University hats that have the dog logo on them.

### Calendar changes

Since the original publication of our meet calendar in August a few things have changed:

1. Paducah is now part of our dual meet lineup. On 6 November the first ever Saluki at Paducah meet will occur at the newly constructed pool in Paducah. As with all dual meets bus transport will be provided for the athletes. Full details about the trip will be available soon. It is a team meet and we want as many athletes to attend as possible.

- Because of the Paducah dual meet our own IM Challenge has been moved to 30 October—one week earlier than it was originally scheduled. The IM Challenge will still be held at the Shea Natatorium. Details will appear in a later Update.
- The Meet of Champions in Brentwood, Tennessee that was originally on our schedule for the first weekend in December is now the same weekend as the Ozark Open. Because of this we are removing the Meet of Champions from our schedule and will be attending the Ozark Open.

## 2005-08 National Age Group Motivational Times published by USA Swimming

The 2005 season marks the beginning of a new quadriennium and with that comes a new set of National Age Group Motivational Times (NAG) from USA Swimming. These times are available in a PDF file that you can download from the USA Swimming website.

Coaches and athletes use these times to gauge improvement and to note milestones in each child's participation. The times are arranged in levels from B to AAAA. Times faster than AAAA are statistically in the 95th percentile of performances for that event, age, and gender within the United States. Each level below AAAA roughly represents a 5% difference in ranking.

When we post meet results on the web the NAG tags are listed next to each swimmer's time. We also make an effort to recognize every 'first time' A standard by noting athletes who achieved their first A in our meet reports on the web and in the Updates.

## A few slots remain in the fall swim school program

All October swim school classes are filled but a few preschool and stroke development slots are still left in the November classes. Now is the time to register if you want one of these slots. No classes are offered in December. The winter schedule of classes begins in January and will be published in October.

## Carbondale 500 is fast approaching

The club's biggest event is coming up fast! The Carbondale 500 is scheduled for 19-21 November this year and, as always, we are expecting about 500 swimmers from all over the Midwest. This is one of the meets specifically mentioned in the Saluki Parent Work Requirement so please be generous with your time. Athletes attending the meet depend on Saluki to provide the best possible competitive conditions.



## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29 New parent meeting, Pulliam, 5:30p	30	1	2
3	4	5	6	7	8	9 DUAL: SALUKI AT CENTRALIA. Team bus leaves at 7:30a from the SRC.

## Important Dates

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

### New parent meeting

Brief meeting of new families, Head Coach, and Board members. The meeting starts at 5:30p.

### 29 September—Pulliam

### DUAL: Saluki at Centralia

Our first meet of the season. Bus transport will be provided. All athletes are automatically registered for [dual meets](#). Please un-register if you are unable to attend.

### 09 October—Centralia, IL

### Nashville Open

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### 15-17 October—Nashville, TN

### IM Challenge

A curiously popular meet featuring 50s of each stroke. Please note the new date.

### 30 October—Shea Natatorium

### DUAL: Saluki at Paducah

First ever Saluki/Paducah dual meet. Bus transport will be provided. All athletes are automatically registered for [dual meets](#). Please un-register if you are unable to attend.

### 06 November—Paducah, KY

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### U.S. Open

Top level senior competition. Qualifying times required. Check the USA Swimming website for full details.

### 02-04 December—San Antonio, TX



11 October 2004

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Next publication date: 25-Oct-04

### Practice changes

- ▶ **15 Oct:** No SRC PM practices due to the Nashville meet.
- ▶ **18 Oct:** No AM practice.
- ▶ **23 Oct:** No practices due to college meet.

*“Doing a thing nearly right and doing it exactly right is usually the difference between success and failure.”*

—Cornè Prozesky



**Register for Swim School classes!**

**the rec sport shop**

*In the Student Recreation Center*

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

# Saluki Update 74

Saluki 387 Centralia 245

## Racing Team makes history in first dual win against Centralia!

Three years ago Saluki began a dual meet series with the Centralia Barracudas and twice before we came up short on the points side. But on Saturday the Racing Team finally managed to carve out a win with top performances from not only Saluki veterans but also from a host of new members, some competing for the very first time.

From the team transport provided for the meet to the number of successful relay teams the day was a big win in many ways for Saluki. “We talk about the team aspects of our sport a lot and this meet gave us a chance to put some of that talk into action,” noted Coach Bill Price. “In a dual meet the group efforts, the fatigue, and the sacrifice necessary for winning are, if not razor sharp, at least much clearer than they are in large invitationals we attend.”

Saluki won 12 out of 16 relays amassing enough points to be almost insurmountable. Equally impressive efforts were found in individual events though with practically every swimmer. “There wasn’t much rest between events so the so-called ‘gut check’ time was popping up more and more near the end of the meet,” said Coach Gustavo Leal.

*“We talk about team aspects of our sport a lot and this meet gave us a chance to put some of that talk into action.”*

### 6 triple winners

Bob Byars (16), Charles Du (13), Braci Dutton (10), Aaron Hvidston (13), Lindsey Kolar (15), and Jameson Kuper (16) all won 3 individual events as well as contributing to relays wins. Both Dutton and Kuper were competing in their first Saluki meets.

### First time A swims

Calvin Kolar (12) and Ryan McDonald (16) achieved first time A’s in the 100 IM and 200 freestyle respectively.

### CORRECTION: Update #73 had wrong information regarding team bus

As we noted on the website last week the \$10 charge mentioned in the last *Update* regarding the team bus to dual meets was incorrect. In October 2003 the Board of Directors set a dual meet fee of \$5 that will be charged to each athlete attending the meet. It is not considered a travel charge but rather an entry fee for the dual meet.

### From a coach’s perspective

by Bill Price

IT’S TRUE...YOU CAN’T STOP US, YOU CAN ONLY HOPE TO CONTAIN US! I think Saturday’s win will help set the tone for the next few meets. The Barracudas have been our ‘first meet’ opponent for the past several years and I have to admit that I never quite know what to expect in terms of our meet performance because we are usually loaded with new talents many of whom have limited meet experience (in any).

Saturday was a real eye-opener in a very good way. I don’t think I’ve seen our team look as sharp in a first meet in a long time. On the technical side of things the coaching staff definitely has a few items to work on but this is typical after almost any meet. Our disqualification rate was just over 3% which, compared to last season, is remarkably low for a first meet.

There are some things we need to work on that are outside the technical realm that will help us preform better at our next dual competition in Paducah. Here they are:

1. Athletes need to bring a water bottle and a snack to dual meets. We were gone from 8:30a to about 4:00p—almost 8 hours. I'm talking about a small, healthy snack that will prevent hunger, not the extra 10,000 calories they usually haul to large invitationals. For young athletes parents need to handle this aspect of meet preparation. We can't depend on snack bars or concession stands to provided these snacks.
2. Athletes need to stay in the team area. Coaches need to know where the athletes are in case they seem to be missing from the ready area for their events. Also it's hard to build a team experience if children are always being whisked away to sit with Mom and Dad. There's plenty of time for this on family travel trips. On team travel trips the emphasis should be on the team and hanging around with peers. I know some parents like to have their children sit with them so they won't miss any events but the athletes have to find out sooner or later that there are things *they* have to pay attention to at a meet. A dual meet is a great way to discover this.
3. Parents, if your child rode to the meet on the team bus and will be riding home with you please let me know and be sure I write it down on the bus list. I think you can imagine the upset a missing child causes after roll call.

## Place team equipment orders by 22 October

The Rec Sport Shop is accepting team equipment orders at reduced prices until 22 October. The list of equipment includes team suits, shirts, shorts, backpacks, and towels. These are items that are usually not available in the Rec Sport Shop so if you want to get some of them the best and cheapest way is to order them. All orders are placed with the Rec Sport Shop.

[Click here to download an order form](#) (PDF)

### Athlete names should be on all training equipment!

Coaches are very glad to see that most swimmers have all the appropriate equipment when they come to practice. Unfortunately much of this training paraphernalia lacks the owners name so if a pair of paddles, a stray Zoomer, or a water bottle is left behind after practice no one knows who it belongs to and it eventually joins the legions of socks that go missing on laundry day.

## Last chance for the Clayton Swim Your Own Age and Paducah Swimfest meets

The *Swim Your Own Age* meet (5 December) and the *Swimfest* (5-7 January) always fill quickly. The meet info for *Swim Your Own Age* has been published and we will send our entry next week. We expect the *Swimfest* information to be published any day and will be sending our team entry as soon as we get it. This is the last notice anyone will

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15 No SRC PM practice	16
						NASHVILLE OPEN
17 NASHVILLE	18 No AM practice	19	20	21	22	23 No practices COLLEGE: Nebraska at SIU: Womens dual meet

## Important Dates

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

### Nashville Open

Saluki hits the Music City for this popular early season timed final competition. For Group 2 and up. **Entered.**

**15-17 October—Nashville, TN**

### IM Challenge

A curiously popular meet featuring 50s of each stroke. Please note the new date.

**30 October—Shea Natatorium**

### DUAL: Saluki at Paducah

First ever Saluki/Paducah dual meet. Bus transport will be provided. All athletes are automatically registered for [dual meets](#). Please un-register if you are unable to attend.

**06 November—Paducah, KY**

### Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. [Register.](#)

**19-21 November—Shea Natatorium**

### U.S. Open

Top level senior competition. Qualifying times required. Check the USA Swimming website for full details.

**02-04 December—San Antonio, TX**

### Swim Your Own Age

Single year age groups. Recommended for younger swimmers. [Register now!](#)

**05 December—Clayton, MO**

### Ozark Open

Prelim/Final competition. Qualifying times.

**10-12 December—St. Peter's, MO**

### Paducah Swimfest

Always a popular meet with Saluki families. [Register now!](#)

**07-09 January—Paducah, KY**

receive about registering for these meets. If you want to attend then register now.

Both meets are well suited for younger athletes. At *Swim Your Own Age* events are run in single year increments (all 9-year-olds, all 10-year-olds etc.). The *Swimfest* is held in the Executive Inn in Paducah, Kentucky and is wildly popular with lots of teams. Because every team in Kentucky, Illinois, and Indiana wants to attend it fills quickly hence the urgency of sending our entry as soon as we can.

## Practice attendance figures published

At the end of every month the attendance figures for the training groups will be published at Swimsaluki.com. The purpose of this information (aside from keeping our on-staff mathematicians busy) is twofold: a) to track each group's overall progress as far as training frequency is concerned and b) to emphasize the necessity of practice by highlighting how we're doing.

An article on the website last week stresses that we're not looking for 100% attendance from the Jedi or Group 2 athletes. Acceptable attendance, what is considered *full participation* for those groups, is between 50 and 60%. Group 3 should be shooting for between 60 and 100%.

Groups 4 and 5 have attendance requirements. Both groups should be working toward 100% attendance but we have established minimums for group membership. Group 4 has a minimum attendance requirement of 60% and Group 5s minimum is 75%.



*From the Saluki archive*

## WARM UP: Don't leave the starting blocks without one

by Neil Romney

AS LONG AS THERE HAS BEEN SPORT, athletes have used pre-competition warm up to protect themselves against injury and enhance their performance. While many traditions in athletics are perpetuated by superstition and not results, warm up is not one of them. There is considerable evidence showing that warm up protects against muscle and connective tissue injury by increasing blood flow and elasticity in these tissues. In addition to providing a provable safety margin, warm up can also directly improve performance in the following three ways: a) it allows athletes to familiarize themselves with the competitive environment as well as to polish or rehearse the required athletic movements; b) by grooving familiar skills and placing the athlete in the arena, warm up also encourages peak mental preparation; and c) the physical or "warming up" aspect of warm up primes the body to produce energy at maximum efficiency and perform obligatory movements at minimum cost.

Of warm up's performance enhancing components, it is the third aspect, the actual physical warming of the body, that is least understood. Indeed, the most prevalent reason for not warming up may be the fear of becoming unduly fatigued, of sapping ones vital energy supplies. The paradox is that, in simplest terms, the energy invested in a proper physical warm up is returned many times over during the actual event.

Nowhere is this paradox more evident than in swimming, a sport mediated by energy production and energy expenditure. Warm up helps in both halves of the equation by increasing energy output, decreasing muscular resistance, and decreasing the time required for motor messages to travel from brain to muscles and for sensory messages to travel from muscles to brain.

More than a few desultory stretches, hops on the pool deck, or lazy laps in the pool are required, however, if one wants to begin a race physically primed. Admittedly, extremely long or rigorous warm ups can unduly fatigue competitors, especially those who are not well trained, but most warm ups are too brief and/or too easy, not too hard. In fact, a minimum of 10-15 minutes of exercise at 65-70% of maximum heart rate is required to bring about the necessary increases in muscle and core temperature. The warm up activity should be vigorous enough to cause visible sweat production at room temperature.

Although temperatures begin to decline upon cessation of exercise, some of the warm up's thermal benefits persist for 45-90 minutes; as well, subsequent racing efforts help maintain these higher temperatures and thus prolong the warm up's effects. And contrary to popular opinion, shorter events actually require longer warm ups. Edwin Moses, arguably the greatest 400m hurdler ever, would warm up for 45 minutes before his 45 second event. Certainly this kind of attention to detail contributed to his many world records and decade-long winning streak.

It is probably true that children require less warm up than adolescents or adults, but the potential benefits of being properly prepared are no less significant. In a study by the present author, collegiate swimmers who performed a 15 minute warm up swam the 100yd freestyle 0.75 seconds (1.23%) faster than their non-warmed up peers. Because smaller time differentials than this often determine the outcome of a swimming race or make it possible to attain that coveted qualifying standard, warm up represents one of swimming's most sensible and pragmatic traditions. Don't leave the starting blocks without one.

Don't forget about the IM Challenge on 30 October!



25 October 2004

## Saluki Swim Club

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Next publication date: 08-Nov-04

### Practice changes

- **06 Nov:** No SRC practices due to Paducah meet.

*“We will not tire. We will not falter. We will not fail.”*

—George W. Bush



In the Student Recreation Center

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

# Saluki Update 75

## Saluki athletes put the hammer down in Nashville!

The Music City proved to be a great venue for the Racing Team earlier this month at the Nashville Aquatic Club Open competition (15-17 October). Saluki finished in 7th place overall in the 14-team race.

“Almost everything I was looking for happened,” said Coach Bill Price. “Our technique was good. Preparation, for the most part, was good. And our results were certainly very good.”

Saluki relays for 10 & under and 11-12 girls turned in good performances finishing as high as 2nd place. Relay ‘alpha’ of Camille Davis, Kailyn Schuetz, Kelsie Walker, and Braci Dutton finished in 2nd place in the 10 & under 4 x 50 Medley Relay being narrowly touched out by the Nashville home squad.

Kelsie Walker (8) and Jameson Kuper (16) both won individual events. Young Walker took 4 first place finishes in the 50 freestyle, 25 and 50 butterfly, and the 25 backstroke. Kuper won the 200 breaststroke with a Region 8 sectional qualifying time.

### 2 club records

Lindsey Kolar set 2 new club records for 15-16 girls in the 100 and 200 breaststrokes held by Melise Smith since 1993.

### 14 athletes achieve new NAG standards

Fourteen Saluki athletes turned in a total of 41 new National Age Group standards at the meet:

- Alma Burwell (11): 50 back (BB), 50 free (BB)
- Marta Burwell (9): 50 fly (B), 100 free (B)
- Camille Davis (10): 100 free (BB)
- Charles Du (13): 100 free (AA), 200 breast (BB)
- Joyce Du (13): 200 IM (A), 200 back (BB), 200 free (BB)
- Braci Dutton (10): 100 free (A), 50 free (A)
- Jensen Falker (11): 100 IM (B), 200 free (B)
- Ryan Hall (10): 100 breast (B), 100 back (B), 50 breast (B)
- Sarah Hall (12): 100 IM (B), 100 back (B)
- Aaron Hvidston (13): 200 IM (BB), 200 fly (BB), 100 fly (BB), 200 breast (BB), 50 free (A)
- Jameson Kuper (16): 100 breast (AAA), 200 fly (A), 100 fly (A)
- Michaela Lunsford (10): 100 IM (BB), 200 free (BB), 100 back (BB), 50 breast (BB)
- Kailyn Schuetz (10): 100 IM (BB), 50 back (B), 100 breast (BB), 50 fly (B), 100 back (B), 100 free (B), 50 breast (BB)
- Kelsie Walker (8): 100 IM (BB), 50 back (B), 50 fly (BB)

### From a coach's perspective

by Bill Price

THE FIRST BIG MEET OF EVERY SEASON is always a learning experience. For new athletes a large USA competition can be overwhelming, and veteran athletes, who have done it all before, are facing the uncertainty of what their preparation to that point will produce. Nevertheless athletes, old and new, have to devise some way of evaluating their performance in light of experience, training, and history.

Veteran athletes sometimes approach a new season as if it is merely a continuation of their last meet; expecting times to drop whenever they slip into a swim suit (as they always did before). This constant improvement usually stops between 11 and 13 years in athletes who are consistently involved. Instead of comparing performances in a first meet of the season to personal best times a better and far more sensible way would be to compare results from the same meet (or a meet around the same time) from the

previous year. This kind of comparison gives a more accurate accounting of how much an athlete is really improving. Additionally it helps focus the athletes attention on the seasonality of the sport and progress made within a finite time frame.

Another aspect of preparing for competition is simply *acting like an athlete*. This includes a host of items from hydrating properly, warming up and cooling down consistently, and focusing on the task at hand. In Nashville I was pleased to see that almost all athletes cooled down after their swims. There wasn't a lot of time between races and cooling down after a race is a vital part of getting ready for the next one. Acting like an athlete is one way for new swimmers to evaluate themselves. It's not really a question of how fast they are swimming at this point in the season but rather, Are they doing what they need to do to improve? Swimming fast is great but if it's just a coincidence of strength or technique then it doesn't mean too much and it won't last too long.

We did pretty well in Nashville and I'm looking forward to our next big team challenge in Paducah on 6 November!

## Upcoming meets that need your attention

There are several meets on our calendar that will either be taking place very soon or that need immediate registration:

- ▶ **IM CHALLENGE:** 30 October at Shea (that's right, it's this coming Saturday!). This is a short meet for Saluki athletes only. Each athlete gets to swim a 50 of each stroke. Times are added together and the biggest difference between the aggregate time and the athletes actual in-competition 200 IM time is the winner. Warm up begins at 10:00a and the meet will conclude prior to 12:00 noon.
- ▶ **SALUKI vs. PADUCAH vs. CAPE GIRARDEAU:** 6 November in Paducah. Our second scheduled dual meet is now a *double dual* competition with the Gator Swim Team added to the mix. We will be providing team transport to and from Paducah and a full trip itinerary will be published on the website late this week. An extraordinary e-mail notification will be sent to all mailing list addresses regarding the itinerary when it is published.
- ▶ **OZARK OPEN:** 10-12 December at the Rec-Plex in St. Peter's, Missouri. This is a prelim/final competition for older athletes (13-14 'A' times for qualification) and a timed final competition for younger athletes (NAG 'BB' times for 10 & under and 11-12). It is a good meet to end the Fall training session and some athletes who attend will be resting slightly for it. **Our deadline to register for this meet is 11 November.**
- ▶ **SWIMFEST:** 07-09 January in Paducah, Kentucky. We have not received an invitation to this meet yet so there is still time to register! This is a very popular meet with our younger athletes just as it is with athletes of many other teams so it

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">IM CHALLENGE</div>
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>  DUAL: SALUKI vs. PADUCAH vs. GATOR

## Important Dates

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

### IM Challenge

A curiously popular meet featuring 50s of each stroke. Please un-register by Friday (29 October) if you cannot attend.

### 30 October—Shea Natatorium

#### DUAL: Saluki at Paducah

First ever Saluki/Paducah dual meet. Bus transport will be provided. All athletes are automatically registered for dual meets. Please un-register if you are unable to attend.

### 06 November—Paducah, KY

#### Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. **The Saluki deadline to register is 8 November.**

### 19-21 November—Shea Natatorium

#### Swim Your Own Age

Single year age groups. Recommended for younger swimmers. **Entered.**

### 05 December—Clayton, MO

#### Ozark Open

Prelim/Final competition. Qualifying times. NAG 'BB' times for 12 & under athletes, 13-14 'A' times for Open events. **The Saluki deadline to register is 11 November.**

### 10-12 December—St. Peter's, MO

#### Paducah Swimfest

Always a popular meet with Saluki families. [Register now!](#)

### 07-09 January—Paducah, KY

#### Gabrielle Rose Invitational

This is a prelim/final, team travel meet for Groups 4 and 5.

### 28-30 January—Memphis, TN

fills quickly. As soon as we receive the meet invitation our entry will be completed and sent. No further announcements regarding this meet are planned.

We urge all athletes to make sure that they are wearing the **Saluki Swim Club team cap** (if they wear a cap for racing). The Rec Sport Shop sells both the team cap with the Tut logo and a University team cap with the dog logo. Please don't confuse the two.

## More than 500 athletes coming to town next month!

Entry for the Carbondale 500 (19-21 November) closed an amazing 6 days after it opened this past month making it the fastest filling meet Saluki has ever hosted. 15 teams from four LSCs will be coming to Shea for the popular 3-day event. While registration to outside teams is now closed Saluki athletes have until 8 November to register for the meet.

*From the Saluki archive*

## CONSISTENT TRAINING FOR LONG TERM DEVELOPMENT

by Neil Romney

I've noticed that our practice attendance is usually highest the week before a meet. This phenomenon may be attributable, in part, to misconceptions regarding the nature of swim training. While there are certain skill-oriented tasks that can be polished the day before competition, most of the benefits attendant to swim training require more than a few days to develop. Improvements in strength and endurance, for example, can be attained only by stressing the body beyond what it is accustomed to. The immediate result of such a workout or series of workouts is to diminish, not enhance, the body's physical capacity. With proper recuperation, of course, the swimmer comes back stronger than before. Depending on a variety of factors including the rigor of the workouts, other stresses in the child's life, and dietary and sleep habits, this rebound effect of training may not be evident for several days. Thus, workouts leading into an important meet are designed to maintain the conditioning improvements obtained from the previous weeks and months of training. Those swimmers who have not been attending practice regularly and then come the week before a meet may actually be overstressed by a practice that is structured only to consolidate gains already made.

The importance of a progressive training program cannot be overstated. In order to induce the necessary fatigue, each application of stress must be slightly greater than the previous one. Too little stress (e.g., infrequent attendance or insufficient effort) and the swimmer will stagnate or even lose conditioning; too much stress and the swimmer will not be able to recuperate. Because the effectiveness of a given workout depends, in large part, on the foundation built from preceding workouts (detraining occurs rapidly with certain facets of conditioning beginning to disappear within only one to two weeks), consistent practice attendance is vital to the development of strength and endurance in your swimmer.

As with the development of physical capacity, the development of effective swimming skills occurs most rapidly with regu-

### Parent Work Requirement applies to this meet

This is one of two meets that are specifically mentioned in the Parent Work Requirement. Parents who have not registered to work are urged to do so as soon as possible. We are in need of workers for the afternoon sessions especially. [You can register to work online by clicking here.](#)

### Officials training

We are also planning on an officials training/retraining session that will be run during the meet. This is a great opportunity for new parents to get their feet wet in the USA Swimming hierarchy.



lar practice attendance. This is true, in part, because physical condition and stroke technique are closely linked: without the requisite strength and endurance to perform a stroke properly over a given distance, "knowing" the skill itself is meaningless. It is also true in the very nature of learning, and is especially true in swimming, which is not a natural activity for most of us. When we attempt a new skill or modify an old one, the movement feels awkward, even foreign. It is only after weeks and months of focused practice that the movement begins to become part of us.

Unfortunately, the necessity of a long-term perspective in age group swimming is often obscured by short-term gains attributable to the nature of learning itself (improvement in a new task is almost immediate because one begins with few skills and minimal fitness) and the size/strength increases (resulting from normal growth and maturation). Once these "inherent" gains have been realized, however, further progress will be made only through hard work and careful attention to detail.

While it is true that some aspects of conditioning vanish quickly with disuse, the investment your child makes in swimming will have more than transient benefits. The generally stronger heart, lungs and muscles developed over years of regular training are retained long after, while the swimming skills themselves are largely permanent. Such "residual" physical effects of training have allowed masters swimmers to return to training and competition well after their collegiate careers and equal or surpass their best performances. But for most adults who were age group swimmers, performance measured in hundredths of a second is less important than other benefits deriving from their swimming careers. The development of strong bodies and sound swimming skills and an appreciation for the hard work necessary to obtain them are the greatest rewards available to the diligent swimmer.

*Neil Romney is a former Saluki Swim Club coach. He is currently coaching in Washington.*



08 November 2004

## Saluki Swim Club

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Next publication date: 22-Nov-04

### Practice changes

- ▶ **13 Nov:** No practices.
- ▶ **19-20 Nov:** No practices due to the Carbondale 500.

*“If you spend too much time thinking about it you miss it.”*

—Ian Wright



Winter swim school registration is now open!

the rec  
sport shop

In the Student Recreation Center

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

# Saluki Update 76

## Carbondale 500

SHEA NATATORIUM

19-21 November 2004

### SPECIAL CARBONDALE 500 ISSUE!

THE COMPLETE SCOOP  
ON THE BIGGEST CLUB EVENT OF THE YEAR!

## Over 550 athletes heading to town for the world famous Carbondale 500

The biggest event the club sponsors each year is just two weeks away and excitement is building for the opening ‘beep’ of the Carbondale 500. With over 550 athletes scheduled to churn up the speedy waters of the Shea Natatorium Saluki coaches are looking for top performances from Racing Team members.

“This meet is always a good one for us,” said Coach Bill Price. “All of our athletes—young and old—turn in good performances at Shea.” More than 60 Saluki are entered in the meet.

Teams from all over the Midwest will be competing with representation from Illinois, Indiana, Missouri, Tennessee, and Kentucky.

“We really like to see teams from different areas come to Carbondale because it gives our own athletes a chance to compete against people that we don’t normally see at meets,” noted Coach Gustavo Leal.

### Schedule

Here is the schedule that *athletes* need to follow for the meet:

#### Friday

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

#### Saturday and Sunday

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

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

### ALERT! \*\*\* This is a deck seeded meet \*\*\*

Parents are reminded that athletes absolutely must be on time for warm up since this is a deck seeded meet. Coaches will be checking in swimmers and those who aren’t on time risk being scratched from the session. Since the check in sheets are turned in shortly after warm ups begin athletes who arrive at the pool late may find that they have no heat or lane assignments when the heat sheets are finally printed. This can be avoided simply by reporting on time for warm up.

### Technical bulletin and psych sheet will be published later this week

The technical bulletin for the meet and the complete psych sheet will be published at Swimsaluki.com later this week. The bulletin lists things that teams need to know such

### The Carbondale 500 by the numbers

**Athletes in the meet: 560**

**In the 500 free: 215**

**Total entries: 4100**

**Teams: 14**

**LSC’s: 4**

## Important Dates

as the time lines for each of the sessions and any other last minute details related to the running of the meet.

The psych sheet is a complete listing of the meet entry. It is published in both a PDF and HTML format. The PDF format is suitable for printing while HTML is intended mainly for viewing on the Internet.

### Parent worker sign up

We're coming down to the wire for worker registration. If you haven't already signed up to work the meet [please do it now](#). Help is especially needed for the afternoon sessions.

## Winter re-registration period opens on 22 November

The winter session re-registration period for *current* athletes opens on Monday, 22 November. Since the fall session filled immediately after practice opened in early September we expect that the winter session will also fill equally fast. The fall session will end on Wednesday, 22 December and the winter session will open on Tuesday, 4 January.

### Current athletes must reregister

Current athletes must reregister if they are planning on participating in the winter training session and we have set up a closed re-registration period for current athletes only from 22 November to 15 December. Complete info on re-registration will be published in the next *Update* and on the website.

## Midwest All Star meet

Every year the Ozark LSC forms an all star team that competes against other LSC's in the Midwest All Star meet in Lawrence, Kansas. This year's meet will be held from 14-16 January. Three age groups are contested—10 & under, 11-12, and 13-14—and 16 athletes are selected for each group (8 girls and 8 boys). Athletes interested in being part of Team Ozark need to apply for selection by 8 December. Full information about how to apply and other team details is available in the [All Star Athlete Application](#).

## Winter swim school schedule has been published: Now accepting registrations

The class schedule for the winter session of the swim school has been published at Swimsaluki.com and [we are now accepting registrations](#). The class list and times are similar to those offered in the fall session. The winter session gets underway on Tuesday, 18 January.

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

### Carbondale 500

Our biggest event of the year! Over 400 swimmers from all over the world will join us for this popular meet. **The Saluki deadline to register is 8 November.**

**19-21 November—Shea Natatorium**

### Swim Your Own Age

Single year age groups. Recommended for younger swimmers. **Entered.**

**05 December—Clayton, MO**

### Ozark Open

Prelim/Final competition. Qualifying times. NAG 'BB' times for 12 & under athletes, 13-14 'A' times for Open events. **The Saluki deadline to register is 11 November.**

**10-12 December—St. Peter's, MO**

### Paducah Swimfest

Always a popular meet with Saluki families. **Entered.**

**07-09 January—Paducah, KY**

### Gabrielle Rose Invitational

This is a prelim/final, team travel meet for Groups 4 and 5.

**28-30 January—Memphis, TN**

### Great Times Invitational

The last full blown invitational prior to the championship season.

**04-06 February—Cape Girardeau, MO**

### Tri-State Championship

For all groups. This is a closed invitational for Centralia, Cape Girardeau, Paducah and Saluki. The meet features the short event list.

**12 February—Shea Natatorium**

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13 No practices
14	15	16	17	18	19	20
					CARBONDALE 500	

## Saluki takes 2 wins at Paducah

In our first double dual contest the Saluki Racing Team took two wins last Saturday beating the Gator Swim Team and the Paducah Swim Team in head-to-head match ups.

### Triple winners

Kelsie Walker (8), Louis Ramirez (12), and Lindsey Kolar (15) were all triple winners for the Racing Team.

### 15 athletes achieve new NAG standards

Saluki athletes turned in 15 new NAG standards during the meet:

Paul Botros (13): 50 free (B)  
Marta Burwell (9): 100 free (BB)  
Joyce Du (13): 50 free (A)  
Braci Dutton (10): 50 free (AA)  
Jensen Falker (11): 100 free (B)  
Abby Gregory (12): 200 free (BB)  
Ryan Hall (10): 50 fly (B)  
Louis Ramirez (12): 50 fly (A)  
Brooke Reed (10): 100 free (B)  
Natalie San (11): 100 IM (B)  
Darlene Sao (11): 200 free (BB)  
Brittany Schlenker (10): 50 free (BB)  
Kailyn Schuetz (10): 50 free (BB)  
Haley Simpson (10): 50 free (B)  
Al White (12): 200 free (B)

## Make a splash for Carbondale committee schedules presentations

Plans for the Carbondale Aquatic Complex are moving along faster than many thought possible. The *Make a Splash for Carbondale* committee has already scheduled presentations from three companies that will inform residents on what an aquatic complex is and what options are available to the community.

Folks of all ages are invited to the presentations so they can see what the committee has been discussing for the past several months and to learn what benefits a public swimming center could provide for Carbondale and surrounding communities. The dates of the presentations and the companies are:

**Tuesday, 9 November**—Counsilman, Hunsaker & Associates

**Wednesday, 10 November**—Soderman & Associates/Spear Corporation

**Wednesday, 17 November**—Westport Pools/Midwest Pool Management

All presentations begin at 7:00p and will be held at the Carbondale Civic Center.

From the Saluki Archive

## OF BANSHEES AND TOADS: PRUDENT PACING FOR SWIMMERS (AND PARENTS)

by Neil Romney

*Editors note:* This article addresses a topic that all swimmers must eventually understand and learn and since the Carbondale 500 is just weeks away it is also timely. The Carbondale 500 used to be called the Turkey Trot during the era of silly meet names.

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**A**t the Turkey Trot last month, we had a pacing contest in the 200 free. Anyone who held the second and third 50s within 3 seconds of the first 50 would win a free pizza. Of the 40-45 kids in the event, only one actually met this generous but elusive standard for even pacing. Most slowed five or more seconds from first to second 50 and two or three more seconds from second to third 50. Some of the less experienced swimmers slowed by 10 or more seconds from first to subsequent 50s.

Several days after the meet one swimmer mentioned that her mother was disappointed in the daughter's racing because she thought she was loafing the first portion of her races. I was surprised to hear of the mother's criticism because her daughter had demonstrated a good sense of pace in all of her races. It seemed that her mom was focusing on the fact that many of the other swimmers in her daughter's heats were taking their races out faster and therefore appeared to be "hungrier." Certainly some of these swimmers were just plain faster than the daughter and thus should have been going out faster. Others, however, were only caught up in the competitive fracas and thus swam too fast early on. In fact, precisely because of swimmers' competitive instincts, instances of going out too fast vastly outnumber instances of going out too slowly.

The goal for swim pacing is simple: Start at the fastest speed that can be sustained for the race's duration. Going out any faster will result in a slower overall time as well as more physical discomfort. The misconception of swimmers, parents and even some coaches that swim races should be sprinted results in gonzo going-out paces that keep swimmers from achieving their physical potential for two reasons. First, "sprinting" a race longer than 50 yards can't be done, and second, attempting to do so will impair energy production and muscle contraction and elevate energy cost, all important determinants of swim performance.

There are three energy pathways by which the body fuels the muscles during an athletic event. The first requires no energy production but instead relies on stored energy. This pathway predominates in events requiring large quantities of instant energy, but the body can store only 5-10 seconds' worth, about enough for a 25-yard sprint. The second pathway is known as the anaerobic pathway. Unlike the first, it has to produce its energy, but the chemical reactions involved are few and simple and no oxygen is required ("anaerobic" means "no oxygen"). Thus, this pathway supplies short-term energy to back up the stored energy of the first pathway. It can help sustain maximal exertion for 30-40 seconds, about enough for an all out effort of 50-75 yards. The third energy pathway (the "aerobic") requires oxygen and involves a much more complex series of chemical reactions than does the anaerobic pathway. It is thus slower, but it produces energy effi-

***Of Banshees and toads: Prudent pacing for swimmers (and parents)***

continued...

ciently and inexhaustibly and thus becomes increasingly important as events extend beyond 30 seconds duration.

While all three of these systems supply energy at all times, one or two predominate at any given time depending upon the nature and duration of the event. Pacing becomes important in races longer than 50-yards because the rapid and voluminous energy production available via the anaerobic pathway is possible only through production of lactic acid. Lactic acid performs a vital physiological function by allowing the anaerobic pathway to operate longer; however, it is also bad because it gives off some perfidious little buggers known as hydrogen ions, which interfere with energy production and impair muscle contraction. Thus, in going out too fast, swimmers are assuming an unnecessary debt of early and extreme lactic acid accumulation that they are not prepared to pay. About the third 25 of the 100 or the third 50 of the 200, the collection agency will be knocking on their doors. Burdened by leadened-limbs, the imprudent swimmers will be powerless to respond when Repo Man demands repayment of the paltry advantage they gained from their early zeal and interest of several more seconds as well. "Pay as you go" swimming, contrastingly, is characterized by nothing more than the fastest sustainable speed from start to finish. By maximizing reliance on aerobic energy production, it allows muscles to contract unimpeded and supplies the body with a steady flow of energy for the duration of the race.

In addition to hampering energy production and muscle contraction, going out too fast in a swim race also increases energy cost. Most of the energy a swimmer uses in a race goes to overcoming the expense of moving forward against the resistance of the water. But this resistance varies with the square of the swimmer's velocity. This means that in order to double her speed, the swimmer must produce four times as much energy. In addition to water resistance, the swimmer's body must overcome its own internal resistance as she contracts her muscles to move her limbs to propel herself through the water. Like water resistance, musculoskeletal resistance associated with any increase in stroke rate will also increase faster than the corre-

sponding increase in swimming speed. Thus there is an exorbitant energy cost associated with even slightly exceeding whatever speed one's technique and training have equipped her to sustain over the entire race distance.

What constitutes even pacing is relatively easy to determine if one first understands several important aspects of swim races (short course examples will be used here). First, the advantage provided by the start is worth about 2 seconds for a dive, one second for a backstroke start. Second, every turn requires between 0.5 and 1.0 seconds. In freestyle and backstroke splits, there are two turns in every 50 except the last, which only has one. In butterfly and breaststroke the initial 50 includes only one turn and all subsequent 50s include two. This means that for a race to be paced evenly, the initial 50 should be no more than one second faster than subsequent 50s in backstroke, two seconds in freestyle, and three seconds in breaststroke and butterfly. In races of 200-yards and longer, the finishing 50 can be swum at a slightly faster pace (about 0.5-1.0 seconds) because there is no longer a need to be concerned with efficient energy production or energy use. Indeed, the race's finishing kick is one of the few instances in swimming (or life) in which the "buy now, pay later" ethos is to be encouraged.

A swimmer attempting to pace evenly (sustain the fastest possible swim speed from start to finish) a 200 free in 2:21 should split 34/36/36/35 for the race's four 50s. The first 50 is faster because it begins with a dive; the last 50 is faster because it includes a finishing kick and only one turn. To swim a 1:10.5 in the 100 back, she should split a 35/35.5. Her one-second advantage from the start is partially offset by the fact that the second 50s split includes only one turn. An evenly paced 2:40.5 in the 200 fly would require splits of 38/41/41/40.5, the first being faster because of the dive and only one turn, the last because of the finishing kick.

These numbers mean that in 100s, the first 50 should feel fast but controlled (one or two notches less than all-out, depending on ability, training and experience), the third 25 should be consciously pushed, and the last 25 will take care of itself. In the

200s, the first 50 should feel indulgently easy, the second 50 should still be relatively comfortable with the swimmers building out of it into a conscious push through the third 50 and into the fourth. The last 25 of the 200 should be given everything. Anything longer than 200 should be taken out at what feels like warm-up pace. What is perceived as heavy work or strain should not begin until the middle of the race.

While the goal of good pacing is to maintain the same swimming speed from start to finish, the swimmer's perception of effort will increase throughout and probably peak in the third and early fourth quarters of the race. This disparity between perceived effort and actual swimming speed is what makes pacing difficult. In individual medleys, it is further complicated by the divergent demands of four different strokes as well as the swimmer's relative skills in those strokes and her ability to transition from one stroke to the next. For pacing I.M.'s it is even more important that the swimmer develop an intrinsic sense of swimming speed in relation to her perceived effort in each stroke at each stage of the race.

Explaining the physiology and kinesiology behind pacing, providing the appropriate numbers, and even explaining how a well-paced race should feel is the easy task; persuading eager young swimmers to follow this advice is more difficult. Some of their imprudent pacing results from simple inexperience, but much of it derives from the misconception that if they don't go out as fast as everybody else, they'll have no chance in the race. The paradox is that the only way they'll have a chance to swim up to their potential is to swim the race that is best for them, even if that means allowing faster or less savvy swimmers to blast ahead. The best way to develop this sense of pacing is to work on it in practice (e.g. providing splits on a goal set of repeats) and in races. When swimmers begin to associate their best efforts and most satisfying swims with parceling out their energy evenly from the race's beginning to end, they'll no longer go out screaming like banshees and come home croaking like toads.

*Neil Romney is a former Saluki Swim Club coach. He is currently coaching in Washington.*



22 November 2004

## Saluki Swim Club

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Next publication date: 06-Dec-04

### Practice changes

- ▶ **25-27 Nov:** No practices due to the Thanksgiving interval.

*“To avoid criticism, do nothing, say nothing, be nothing.”*

—Elbert Green Hubbard



Winter swim school registration is now open!

the rec  
sport shop

In the Student Recreation Center

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

# Saluki Update

# 77

## The Big Kahuna of swim meets produces dozens of top performances!

Carbondale **500**

SHEA NATATORIUM

As Carbondale 500s go this was the biggest and perhaps the best in terms of total team performance. By the end of the meet Saluki athletes had set 4 new records, established 86 new national age group times, and completely rewrote the Top 5 lists.

We had 15 teams and 580 athletes joining us for the weekend and a very big Thank you! goes out to all parents who helped us run one of our most important club events. Everyone at the meet saw just how efficiently and effectively the administrative group and the officials kept things running smoothly.

### Kolar and Langenfeld set 4 new club marks

12-year-old Calvin Kolar and 18-year-old Andrew Langenfeld set four new club records over the weekend. Young Kolar erased his own mark in the 200 breaststroke (2:46.97) for 12 & under boys which he set last year at this same meet.

Saluki newcomer, Andrew Langenfeld set three new Saluki records in the 100 freestyle (46.83), 100 fly (50.04), and the 200 fly (1:52.27).

### Dozens of National Age Group (NAG) times turned in

Throughout the weekend one Saluki after another improved their NAG standard and many of them cracked the list by establishing their very first ‘B’ time standard. Here is the complete list:

Jonathan Allen (14): 500 free (B), 100 free (BB), 200 back (B), 100 breast (B)

Elizabeth Bell (12): 50 fly (AAA), 100 fly (AA)

Abraham Botros (14): 100 free (BB), 50 free (BB)

Paul Botros (13): 100 free (B)

Alma Burwell (11): 100 breast (A), 200 IM (BB), 200 free (BB), 100 back (A), 200 breast (A)

Marta Burwell (9): 50 free (BB)

Alison Carlson (16): 200 IM (BB)

Stephen Cohen (12): 100 free (B), 50 breast (B)

Camille Davis (10): 100 fly (BB), 50 free (BB)

Charles Du (13): 500 free (A), 200 fly (AA), 50 free (AA), 100 fly (AAA)

Joyce Du (13): 500 free (BB), 200 breast (A), 400 IM (A)

Jensen Falker (11): 50 breast (B)

Abby Gregory (12): 500 free (BB), 100 breast (B)

## Final Team Standings

These are the point totals for the entire meet:

Excel Aquatics	1501.5
Parkway Swim Club	1321.5
Rec-Plex Sharks	629
Gator Swim Team	608
Saluki	426.5
South East Aquatic	382.5
YMCA of Tri City	349
Edwardsville YMCA	308
Paducah Swim Team	304
Heat Swimming	174
Centralia-Mt. Vernon	77
Mt. Vernon	69
St. Louis Spirit	27
YMCA Southwest IL	14
Team Genesis	11

Only events 200 yards and longer were scored.

For the 3rd year running Excel Aquatics won the 500 freestyle event.

- Darren Hale (9): 50 free (BB)
- Ryan Hall (10): 200 free (B), 50 free (B)
- Kelly Rae Harris (10): 100 breast (B), 200 free (B), 100 back (B)
- Aaron Hvidston (13): 500 free (A), 200 IM (A), 200 fly (A), 100 fly (A)
- Justin Hvidston (16): 100 free (A), 200 breast (BB), 200 free (A), 100 fly (A)
- LeeAnn Jones (10): 100 free (BB)
- Calvin Kolar (12): 500 free (A), 100 free (A)
- Jorge Lightfoot (15): 100 free (B)
- Ryan McDonald (16): 500 free (A)
- Natalie McLean (17): 50 free (AA), 200 back (BB)
- Andrew Nixon (10): 50 back (B), 50 free (B)
- Louis Ramirez (12): 100 fly (BB), 200 free (BB)
- Breein Rossi (15): 500 free (AA), 200 fly (AA), 400 IM (AA)
- Natalie San (11): 100 breast (B), 100 back (B)
- Darlene Sao (11): 100 free (BB), 100 breast (BB), 200 breast (BB)
- John Sao (15): 200 IM (BB)
- Brandon Schlenker (12): 50 breast (B)
- Brittany Schlenker (10): 100 free (BB), 50 fly (BB), 100 back (B)
- Kailyn Schuetz (10): 200 free (B)
- Vishnu Srinivasaraghavan (14): 500 free (B), 100 free (BB), 200 breast (B), 50 free (BB), 200 free (BB), 100 fly (B)
- Ashley Tellor (18): 100 free (A), 200 IM (A)
- Taylor Tripp (13): 100 free (A), 200 breast (A), 200 fly (BB), 200 free (A)
- Kelsie Walker (8): 50 breast (B), 100 back (B)
- Al White (12): 100 breast (B), 50 back (B), 50 breast (B)

The NAG standard is part of the meet results report at Swimsaluki.com. If you want to know where all of an athletes times fall in the NAG realm check the Carbondale 500 results report in the archive.

## It's time for winter re-registration

The winter reregistration period for current athletes opens today and will continue until 15 December. Athletes who plan on continuing their training in the winter session (January to March) should reregister during this period to secure their spot for the winter. Reregistration is very important because we use the number of athletes who reregister to determine how many new athletes can be accepted during evaluation sessions.

All current athletes will have a spot in the winter session **if they register by 15 December**. After that date all remaining Racing Team slots are forfeited and will be used to accept new athletes. You can reregister by calling Saluki HQ or simply by [clicking here](#) and filling in the online form.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
				*** THANKSGIVING BREAK ***		
28	29	30	1	2	3	4

## Important Dates

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

### Swim Your Own Age

Single year age groups. Recommended for younger swimmers. **Entered.**

#### 05 December—Clayton, MO

### Ozark Open

Prelim/Final competition. Qualifying times. NAG 'BB' times for 12 & under athletes, 13-14 'A' times for Open events. **Entered.**

#### 10-12 December—St. Peter's, MO

### Paducah Swimfest

Always a popular meet with Saluki families. **Entered.**

#### 07-09 January—Paducah, KY

### Gabrielle Rose Invitational

This is a prelim/final, team travel meet for Groups 4 and 5.

#### 28-30 January—Memphis, TN

### Great Times Invitational

The last full blown invitational prior to the championship season.

#### 04-06 February—Cape Girardeau, MO

### Tri-State Championship

For all groups. This is a closed invitational for Centralia, Cape Girardeau, Paducah and Saluki. The meet features the short event list.

#### 12 February—Shea Natatorium

### Ozark Championship

The Big Kahuna of age group swimming. Ozark Q1 times required to qualify.

#### 25-27 February—St. Peters, MO

### Saluki International (50m)

Long course at home, inside, short sessions...a competitive paradise.

#### 20-22 May—Shea Natatorium



06 December 2004

## Saluki Swim Club

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Next publication date: 20-Dec-04

### Practice changes

- ▶ **10 Dec:** No SRC practices due to Ozark Open meet. SRC athletes can train at Pulliam at 6:00p.
- ▶ **18 Dec:** No practices due to SRC schedule change.
- ▶ **22 Dec:** Last practice of the 2004 fall session.

*“What you do when you don’t have to determines what you will be when you can no longer help it.”*

—Rudyard Kipling

**the rec**  
**sport shop**  
In the Student Recreation Center

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

# Saluki Update 78

## 8 New NAG Times at Swim Your Own Age Meet

**E**ighteen athletes turned in 8 new NAG standards and garnered a few new Ozark Q1 times last weekend at the Swim Your Own Age meet in Clayton, Missouri. The popular 1-day meet had almost 600 swimmers competing from the Ozark region. Saluki athletes are looking better all the time with good starts, streamlining, and stroke technique.

Because this is the last competition for most Saluki until January the Swimfest entry times have been updated. This will enable athletes entered in the Swimfest to be seeded correctly next month.

### New NAG standards

- Alma Burwell (11): 50 fly (B)
- Marta Burwell (9): 50 back (A)
- Stephen Cohen (12): 50 fly (BB), 50 free (BB)
- Braci Dutton (10): 50 fly (A), 50 breast (BB)
- Kelly Rae Harris (10): 50 breast (B)
- Kailyn Schuetz (10): 50 fly (BB)

## Langenfeld Places in 4 Events at the U.S. Open

Andrew Langenfeld competed in the U.S. Open over the 3-5 December weekend and finaled in all four of the events he swam. The fastest, mid-season meet held in the United States each year attracts athletes from all across the globe. The meet was held in San Antonio, Texas and was run in a long course format.

Langenfeld’s highest finish was in the 100m butterfly where he took 7th place. He also competed in the 50 and 100m freestyles where he finished in 15th place for both events, and the 200m butterfly where he finished in 21st place. All four of his efforts produced new Saluki club records.



### Shopping at Amazon

If you would rather hammer nails into your head than maraud through malls searching for Christmas gifts then you have probably already discovered the joys of online shopping. Swimsaluki.com is an Amazon affiliate which means that the club receives a portion of any sales made by customers who click through to Amazon from the Saluki site. If you shop at Amazon please go to the Saluki site first and click on the Amazon ad. This won’t cost you anything extra and it helps the club cover its annual Internet expenses.

## New Athlete Evaluations: 16-17 December

Evaluations for new Racing Team members will take place on Thursday, 16 December and Friday, 17 December in Pulliam pool beginning at 5:00p. These sessions are for new athletes only. Current athletes do not have to be evaluated again but they must reregister to let us know that they will be continuing with the team for the winter session (January to March).

### Re-registration of current athletes is vital!

Current athletes must reregister by 15 December! On that day we will know how many new athletes can be taken into the Racing Team during evaluation sessions. As many of you already know the fall session filled and we had to turn away swimmers who wanted to participate. All current athletes can reserve their spot in the winter session until 15 December. After that date all remaining slots are forfeited and will be used for the new athlete evaluation sessions.

## Important Dates

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

## End of Fall 2004 Session

The fall session will officially close on Wednesday, 22 December. For athletes continuing into the winter session we will be offering a modified training schedule at the Carbondale Life Center immediately after Christmas and at Pulliam pool immediately after New Year's.

### Holiday training schedule

The full holiday training schedule will be published in the Update #79 and will include the changes to training sites and times that we will be following through late December and into early January. Shea is being drained over the Christmas break and will not reopen until after our winter session is underway.

## The Suit Makes the Man

by Corné Prozesky

Most parents think that when you buy an expensive swim suit their children will grow into it. This is a huge mistake as the swim suit will only last for three to four months. Please buy suits that fit your children. Another reason for buying tailored swim suits is that huge suits just suck up unwanted water weight and impair performance.

Criteria to consider when selecting swim suits:

1. Buy a name brand suit *i.e.* (Speedo, Arena, TYR etc.).
2. Buy small suits. The material stretches so you can be safe in buying them small.
3. Buy a suit for practice and a suit for competition. Suits wear out during practice and when you swim a meet one should be confident and ready with a nice tight fitting competitive suit.
4. Rinse your swim suits after practice and competitions with cold water. Suits should never be machine washed or dried in a dryer.

In my competitive career I remember that I used to wear a swim suit so small that it was quite uncomfortable. But the less material the less resistance. I do not mean go out and buy the most expensive Shark Skin suit you can find, but to be competitive one should be ready to go with the right fitting gear. It makes a huge difference to your children to have the proper equipment when practicing and competing not just in confidence but in actual performance as well.

*Corné Prozesky is a member of the Saluki coaching staff. He is primarily responsible for the Jedi training groups.*

### Ozark Open

Prelim/Final competition. Qualifying times. NAG 'BB' times for 12 & under athletes, 13-14 'A' times for Open events. **Entered.**

**10-12 December—St. Peter's, MO**

### Paducah Swimfest

Always a popular meet with Saluki families. **Entered.**

**07-09 January—Paducah, KY**

### Gabrielle Rose Invitational

This is a prelim/final, team travel meet for Groups 4 and 5. **Entered.**

**28-30 January—Memphis, TN**

### Great Times Invitational

The last full blown invitational prior to the championship season.

**04-06 February—Cape Girardeau, MO**

### Tri-State Championship

For all groups. This is a closed invitational for Centralia, Cape Girardeau, Paducah and Saluki. The meet features the short event list. This is a full team event that every athlete should be registered for.

**12 February—Shea Natatorium**

### Ozark Championship

The Big Kahuna of age group swimming. Ozark Q1 times required to qualify.

**25-27 February—St. Peters, MO**

### Annual Awards Banquet

Our largest (albeit only) social affair of the year.

**20 March—TBA**

### Saluki International (50m)

Long course at home, inside, short sessions...a competitive paradise.

**20-22 May—Shea Natatorium**

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> No SRC practices	<b>11</b>
					OZARK OPEN	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> No practices
OZARK OPEN						



20 December 2004

## Saluki Swim Club

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Next publication date: 03-Jan-05

### Practice changes

- ▶ **22 Dec:** Last practice of the 2004 fall session.
- ▶ **23-26 Dec:** No practices
- ▶ **27-31 Dec:** Training at Carbondale Life Center (see holiday schedule)

*“You don’t get better when you aren’t there and you don’t stay motivated when you aren’t getting better.”*

—Michael Brooks



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

# Saluki Update

# 79



## Holiday Training Schedule

The Fall 2004 session ends on Wednesday, 22 December and the Winter 2005 session gets underway on Monday, 3 January. During the interval we have arranged practice sessions at the Life Center on Sunset Road in Carbondale. The sessions listed below are for current athletes who are reregistered for the Winter session. New athletes (those who did not participate in the Fall session) begin training on 3 January.

Our training time over Christmas is slightly limited making it doubly important that athletes

attend as many sessions as possible to maintain conditioning. This is vital to older athletes preparing to taper in February, and younger athletes attending the Paducah meet in January.

### Complete schedule up to 8 January:

- 20-22 December: Regular schedule and sites
- 23-26 December: Off
- 27-31 December: **at the Carbondale Life Center**

- Jedi: TuThF, 1:00-2:00p
- Group 2: TuThF, 1:00-2:00p
- Group 3: TuThF, 2:00-3:30p
- Group 4: MW, 10:30-1:00p  
TuThF, 2:00-3:30p
- Group 5: MW, 10:30-1:00p  
TuThF, 2:00-3:30p

03-06 January: **Welcome to new athletes joining the program!**

Pulliam groups are on the regular schedule  
SRC groups are at Pulliam from 6:00-7:30p

07-08 January: Off. The Racing Team will be at the Paducah Swimfest!

The perception that we miss lots of training time during the Christmas holiday isn’t really true. In the 3-week period covered above there are 12 practices offered for our older athletes and 10 for our younger ones. In any normal 3-week period we would have 15 to 16 practices scheduled. Athletes can reduce the impact of lost sessions by attending all of the scheduled practices for their group. There are athletes who miss practice over holidays for no real reason and they shouldn’t, especially if good performances are hoped for later in the season. Part of the *Carpé Mañana* philosophy is realizing that long term success depends on what we do on a short-term, daily basis. The coaching staff urges all athletes to take *full* advantage of the schedule above.

### New athletes and group movements

New athletes who have just registered for the program will begin training with their assigned group on Monday, 3 January. Also, athletes who have been moved to a different training group will begin training with that group on that date.



## Weather Cancellations

At this time of year weather is a player in determining our practice schedule. Our cancellation policy is simple: **Practices are cancelled if the Student Recreation Center (this includes Pulliam) closes due to weather conditions.** It is extremely unusual when weather causes the SRC to close. So, short of a direct meteor strike, chances are we will be in business regardless of weather.

Club closing announcements will be recorded on the club answering machine. Announcements regarding the SRC facilities will be made by the Office of Intramural and Recreational Sports on local radio stations. All families are asked to use their own best judgement about travelling to Carbondale in bad weather. Just because the pools are open doesn't mean it's a good idea for you to come.

## Group 4 and 5 Practice Changes and Underwater Analysis Planned for Winter Session

Change is afoot for the Student Recreation Center training groups (4 & 5). Beginning with the Winter 2005 session both groups will train at the same time—4:45-7:00p, Monday through Friday. Saturday practices will not change since both groups already train together that day.

There are several reasons for this change. First, it gives both groups longer training hours. Presently Group 4 works out for 90 minutes per day and Group 5 for 105 minutes. The change will provide 120 minutes of water time and 10-15 minutes of stretching/exercising prior to beginning warm ups. This will allow not only more intense training sessions but also more comprehensive sessions that focus on various training aspects for longer periods. This is vital to the athletes in these groups.

Second, it will help create a better team and training atmosphere by eliminating the time overlap in the two workouts. Currently when Group 5 finishes practice athletes simply leave the pool with no time to discuss anything because Group 4 is in the middle of its workout. Right now some Group 5 athletes arrive for practice just minutes before warm up starts so discussion with them is impossible at both ends of the practice period. The overlap also affects Group 4 athletes at the beginning of their workout. For both groups the overlap hinders substantive discussion about training, goal setting, meet selection etc. and getting rid of it will be a step in the right direction.

Third, the coach will have a much easier time of keeping track of what is going on during a practice session and be able to adjust the use of the lane space more efficiently. Because of the split workout times, we usually have several different things going on at once making it impossible to combine lanes. This makes for inefficient use of space and although it is possible to plan around it sometimes, it is not the norm.

Combining the groups will not eliminate all conflicts—indeed it may create others—but it will make it much easier for one coach to cover what athletes at this level need to be successful.

### Underwater technique analysis

Also with the beginning of the winter session we will begin offering underwater technique analysis on Tuesday and Thursday mornings. Last summer the University team and the club purchased a Tivo system and by setting up cameras in the underwater

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Last practices for the Fall session	<b>23</b> No practices	<b>24</b> No practices	<b>25</b> No practices
<b>26</b>	<b>27</b> Group 4: 10:30-1:00p Group 5: 10:30-1:00p	<b>28</b> Jedi: 1:00-2:00p Group 2: 1:00-2:00p Group 3: 2:00-3:30p Group 4: 2:00-3:30p Group 5: 2:00-3:30p	<b>29</b> Group 4: 10:30-1:00p Group 5: 10:30-1:00p	<b>30</b> Jedi: 1:00-2:00p Group 2: 1:00-2:00p Group 3: 2:00-3:30p Group 4: 2:00-3:30p Group 5: 2:00-3:30p	<b>31</b> Jedi: 1:00-2:00p Group 2: 1:00-2:00p Group 3: 2:00-3:30p Group 4: 2:00-3:30p Group 5: 2:00-3:30p	<b>1</b> No practices
Holiday training at the Carbondale Life Center						

## Important Dates

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

### Paducah Swimfest

Always a popular meet with Saluki families. Watch for full warm up and special information coming in *Update #80*. **Entered.**

**07-09 January—Paducah, KY**

### Gabrielle Rose Invitational

This is a prelim/final, team travel meet for Groups 4 and 5. **Entered.**

**28-30 January—Memphis, TN**

### Great Times Invitational

The last full blown invitational prior to the championship season. Register for this meet and get your Q1 times out of the way. [Register!](#)

**04-06 February—Cape Girardeau, MO**

### Tri-State Championship

For all groups. This is a closed invitational for Centralia, Cape Girardeau, Paducah and Saluki. The meet features the short event list. This is a full team event that every athlete should be registered for. [Register!](#)

**12 February—Shea Natatorium**

### Ozark Championship

The Big Kahuna of age group swimming. Ozark Q1 times required to qualify. [Register!](#)

**25-27 February—St. Peters, MO**

### USA Sectional Championship

Senior level championship meet. Qualifying times required. [Register!](#)

**03-06 March—Topeka, KS**

### Annual Awards Banquet

Our largest (albeit only) social affair of the year.

**20 March—Carbondale Civic Center**

### Senior Invitational & Pentathlon (50m)

The first long course meet of the summer season.

**06-08 May—Cape Girardeau, MO**

observation area at Shea we will be able to analyze technique from a different, and in many ways better, viewpoint.

Full details on how this will be offered will be published in *Update #80* (03-Jan-05) but the initial plan is to offer it to Group

4 and 5 athletes by appointment only. We think we can handle 2 athletes in a session that will last approximately 60 minutes.

The Tivo will also be used during the regular, evening practice sessions for starts and turns. For staffing, space and time rea-

sons the underwater analysis cannot take place in the evening practice.

## Competitive Areté

by Michael Brooks

One of the things that I like to do for fun is go over our meet results, trying to figure out what each of our swimmers is like under different competitive situations—big meet vs. small, best events vs. worst events, prelims vs. finals, first day vs. last day, early season vs. end of season. Usually I can find some interesting racing patterns, some of which are desirable, some not.

Following is a list of racing patterns. Swimmers should go over the list very slowly and carefully and think about which patterns apply to them and which do not. Think about your "racing history" over the last year or so. Each of you should have raced enough to have data to work from. The object is to see what patterns emerge from this review, then to see which of those patterns you want to solidify and which you want to change. Next to the number of each pattern place a Y (for "yes, this is me") or a N (for "no, this isn't me at all").

After you have gone through all of these, take stock of yourself as a racer. Each of these patterns is either obviously a positive competitive trait, and thereby something you want to practice, or a negative competitive trait, and thereby something you most certainly do not want to practice.

Go through the list again and find the positive patterns that you usually show in meets. These are your competitive strengths that you want to make even stronger. Think about positive steps you can take in daily practice that will help foster these traits, then take those steps. After each meet, review your overall performance and see to what extent you are getting better as a racer.

Go through the list again and find the negative patterns that you usually practice. These are your competitive weaknesses that you want to begin overcoming right now. Think about positive steps you can take in daily practice to overcome these weaknesses, then take those steps.

It is almost always the case that kids race like they train. A swimmer who shows one trait consistently in meets is almost assured of showing several similar traits in daily practices. For instance, a swimmer who fades in race after race will almost always fade in aerobic set after aerobic set. Or, a swimmer who gets out on his races very slowly and burns home will almost always start his training sets very slowly and finish fast. A swimmer who consistently breaks down under the pressure of a challenge set will probably break down under the pressure of a big meet or a championship final.

If you don't like the results, do something different! If your current practice habits result in racing patterns that are harmful to performance, then establish different practice habits. I can help you think through how your practices relate to your meets, and give you suggestions about ways you can practice that will help you race better.

### Common racing patterns

1. will go out slow, back fast (just fast enough to get touched out consistently).
2. will swim at one speed all the way, no matter what the race.
3. will go out fast then fade, going slower and slower and never holding a pace.
4. will swim faster than competitors, but lose races because of sloppy walls.
5. will lose every touch-out situation, often in creative ways.
6. will win every touch-out situation, often in creative ways.
7. will fold under the pressure of a competitor pressing them.
8. will swim very well in small meets, then fold at big meets.
9. will swim bored in small meets, but get energized and come alive at big meets.
10. will swim poorly in "best" events, but very well in "off" events.

11. will swim very well in "best" events, but race as if doesn't care in "off" events.
12. will swim fast against good competitors and slow against poor competitors.
13. will swim very slowly the 3rd quarter of every race, saving for the finish.
14. will swim with no pattern whatsoever: a pattern of seeming inconsistency.
15. will fade the last quarter of every race, no matter the stroke or distance.
16. will only give a best effort if he thinks he can win; otherwise poor effort.
17. will get better and faster as a long meet progresses.
18. will get worse and slower as a long meet progresses.
19. will quit trying as soon as they get passed or lose contact.
20. will "no breathe" the first 50 of every race every time and die coming home.
21. will make the same mistakes every swim of every meet.
22. will back off when far ahead or far behind, only cranking when looking eye to eye.
23. will swim fast in prelims and faster in finals, every time.
24. will swim fast in prelims and slower in finals, every time.
25. will get psyched out every time by a competitors fast time.
26. will get energized by a competitors fast time.
27. will respond to a poor swim by swimming very well in the next events.
28. will respond to a poor swim by swimming even worse the rest of the meet.
29. will never swim an event with the same stroke technique twice.
30. will always fall just short of a standard, whether that is making a qualifying time, making a final, making a podium, winning an event etc.

*Michael Brooks is a coach at Brophy East Swim Team in Arizona.*