



February 16, 2009

### Saluki Swim Club

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## Practice changes

Please note that the most timely changes to the practice schedule are available on the club website.

***There will be no practice on Friday, Feb. 27, and Saturday Feb. 28. We will take a Spring Break beginning Saturday, March 7 and Practice will resume Monday, March 16.***

**“Champions do not become champions when they win the event, but in the hours, weeks, months, and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.”**

**T. Alan Armstrong**



*Building a Culture of Achievement*

# Update #171

## Today Is the Deadline to Order the New Warm-ups

Today is the deadline to turn in your order for warm-ups. The order form and payment must be turned in to the Rec Swim Shop today. Try-on sizes are available at the Rec Swim Shop.

## Spring Session Sign-ups Will Open On Wednesday, Feb. 18

We will beginning sign-ups for the Spring Session on Wednesday, Feb. 18. Registration will close on Monday, March 2. All swimmers who are currently swimming or who were registered for the Fall session should register on-line. There will be a link listed on the website homepage that will direct you to the registration page. Please remember that Saluki Swim Club policy states that your account must be paid in full in order to register for the next session. If you have any questions, please contact Coach Jay Newton at [coach@swimsaluki.com](mailto:coach@swimsaluki.com) or by phone at 457-1103. As a coaching staff, we are excited to announce a special 2-week technique intensive beginning to the Spring Session. We hope to see all our swimmers back for our exciting Spring Session!

## Announcements

### Upcoming Meets:

February 27-March 1 Ozark Championships in St. Peters, MO.

March 5-8 Sectional Meet in Oklahoma City, OK

Spring Break begins Saturday, March 7 and practice will resume on Monday, March 16.

## Parents: Help Us make the Spring Evaluation a Huge Success.

The Evaluation for the Spring Session will be held on Monday, Feb. 23 at 6:00 pm at Pulliam Hall Pool. Swim parents please share this information with any families who might be interested or who might want to get in shape for summer league. Any swimmer who is interested in Saluki Swim Club should reserve a spot for the evaluation by emailing Coach Jay Newton at [coach@swimsaluki.com](mailto:coach@swimsaluki.com).

## Ozark Championship Team T-Shirts Will Be Ordered on Friday, Feb. 20

We will be ordering the Ozark Championship Team t-shirts. All swimmers who are qualified and are attending the meet as well as family members who would like to order a t-shirt should turn in their order form and payment to your Coach by Friday, Feb. 20! The shirts will cost \$8.00 per shirt.

## The Annual Banquet Will Be Held in April.

Due to scheduling conflicts with the facility, we will hold our Banquet in April this year. Deadlines for reservations and further details will be coming soon!

## Bead Your Best Time

Hopefully all swimmers have received their personalized Bead Your Best Time Set-up for your swim bag. If you have not received yours, please ask your coach. Following each meet, swimmers will receive a bag with their results and beads earned for best times and Ozark time cuts. We hope that this will encourage each swimmer to work hard for time improvements in each of the 4 strokes and the IM. So swim hard and collect as many beads as you can!

## Important Dates

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

**Please remember to check the Calendar page for meet sign-up deadlines:**

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### Ozark Championship

This is the big competition of the 2008-09 short course season. Qualifying times are required.  
**27 Feb-01 Mar: St. Peter's, MO**

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### Sectional Championships

This meet is offered for swimmers who meet the qualifying times.  
**March 5-8: Oklahoma City, OK**

## Spring Break

### March 7-March 15

### Spring Evaluation Night

Monday, Feb. 23 at 6 pm at Pulliam Hall Pool. Email Coach Jay Newton at [coach@swimsaluki.com](mailto:coach@swimsaluki.com) to reserve your spot.

### Spring Session Sign-ups for Existing Swimmers Will Begin on Wed, Feb. 18

Online registratin for the Spring swim session will begin on Friday, Feb. 18. Please make sure to sign-up and swim with us in the exciting Spring Session.

# Saluki Swim Club Wins Tri-State Meet

Saluki Swim Club competed against South East Aquatic League, Centralia Recreation Complex, and Gator Swim Club in the 2009 Tri-State Championships. Sixty-two Saluki Swim Club swimmers competed on Sunday at the Shea Natatorium on the SIU campus. Saluki Swim Club won a close meet scoring 455 to South East Aquatic League's 416 points. In the meet, Saluki Swim Club swimmers Elizabeth Bell, Speed Davis, Braci Dutton, Darren Hale, Calvin Kolar, Ashlee Kuan, Jerry Kuhnert, Caseton Luthy, Courtney McCoskey, Darlene Sao, Natalie San, Austyn Sigler, Derrick Snider, Jacob Stone, Michael Stone, Emily Stroud, and Kelsie Walker achieved 41 Ozark Championship qualifying swims. In addition Elizabeth Bell and Calvin Kolar swam times fast enough to qualify them for the USA Swimming Sectional Championships in Oklahoma City in March. As a team, Saluki swimmers achieved 48 B, 39 BB, 13 A, 9 AA, and 2 AAA times.

Listing individual results for our Saluki swimmers would take up about two more pages of this newsletter (which by the way is awesome!). So in the interest of space, the full results and the meet results article are available on the website. Look under the February News on the archive page to read more on the swimmers' many accomplishments.

Thank you to all parents who helped time and work the meet on Sunday. Without you we cannot make these meets happen. It is such a huge blessing for us to be able to hold these meets at our home pool. It provides great opportunities close to home for our swimmers and great opportunities for other swimmers as we support the sport of swimming as a whole. It takes an army of swim parents to run a meet. As we look ahead to our future as a swim club, we need more parents to be involved in the officiating of our meets. If you are interested in learning more about becoming an official, please contact Coach Jay Newton or Clay Kolar (email addresses available on the web page). From all the swimmers and coaches, THANK YOU AGAIN for all your hard work!

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
22	23	24	25	26	27 NO PRACTICE Ozark Championships	28 NO Practice Ozark Championships