



April 6, 2009

Saluki Swim Club

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

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

Practice changes

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

No Practice: Sat. 4/11, Sat. 5/2, Sat. 5/16, Sat. 6/6, Sat. 6/13, Sat. 6/26, Fri. 7/17, Sat. 7/18

Each month, your statement will be sent out on the 20th. If you have any questions regarding your statement, please call 457-1103 or email coach@swimsaluki.com.

"I never looked at the consequences of missing a big shot... when you think about the consequences you always think of a negative result."

-Michael Jordan



MEMBER CLUB

Building a Culture of Achievement

Update #173

Saluki International Meet May 15-17 at Shea Natatorium

We are only a month away from our Spring Meet. The Saluki International is one of the first meets of the Long Course Season and a great chance for us to host many of the teams who will be competing here in July at the Ozark Championships. Hosting a meet means that our swimmers get the opportunity to swim here in Carbondale at their home pool in a great meet. This meet is also very important to our club because it helps provide Saluki Swim Club with additional revenue. So as we look ahead to the International, please remember we need everyone's help to run a great meet for our guests and our swimmers. In the coming weeks, we will have a sign-up link on the website. You will be able to sign-up for all jobs (and remember most jobs require no prior experience). Finally, remember that parents are not allowed on deck during the meets, but workers are.)

Bead Your Best Time

In January, we started a new motivational program for the swimmers. Each swimmer will receive a bead for each best time achieved at meets. If you do not receive your best time beads, please email Coach Jay at coach@swimsaluki.com and we will reissue all lost beads.

Announcements

Upcoming Meets:

All meet sign-ups take place on the team website. Meet information is available for each meet, so check out the event schedule and format. Deadlines for these meets come up quickly so please plan ahead.

Gator Long Course Kick-Off

Meet - May 1-3 - Cape Girardeau
Sign-up Deadline Wed. 4/1.

Saluki International Meet -
May 15-17 - Carbondale, IL
Sign-up Deadline Fri. 4/17

Heat Sheet Ad Sales

Saluki Swim Club is going to sell ads for the International Heat Sheet. A specific ad sheet is attached to this update email. Please help us by selling ads for the heat sheet. Currently we need to invest in several new touch pads for the upcoming championship meet. All proceeds from heat sheet sales will go toward the purchase of new touch pads. In addition to the half page (\$25) and whole page (\$50) ads for businesses (or personal good luck ads), Saluki Swim Club families can purchase 1/4 page ads (\$15) for personal good luck ads. The deadline for all ads is Friday, May 8.

Summer Practic Schedules Released

At Pulliam
Jedi group: 6:30-7:15pm Mon. - Fri
Groups 1 & 2: 6:30-7:30pm Mon. - Fri
Group 2: Sat. 10-11:30 am

At the Rec
Groups 3 & 4: 6:00- 8:00 am Mon-Fri.
4:45- 7:00 pm Mon - Fri
10 - 12:00 noon

Both AM and PM practices are offered for both Groups 3 & 4. Swimmers should consult Coach Jay Newton for a specific personal training schedule.

Parkway Summer Sizzler -
June 12-14 - St. Louis, MO
Sign-up Deadline Mon. 4/27

GPAC Lalor Invitational -
June 12-14 - Pensacola, FL
Team Trip for 13 and older -
Sign-up as soon as possible

CSP Summer Invitational -
June 26-28 - St. Louis, MO
Sign-up Deadline Mon. 4/27

Ozark Long Course Championships -
July 17-19 - Carbondale, IL

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:

--SIU Stroke Clinic April 24-25. Flyer is on the website for more details

**Gator Long Course Kick-Off
May1-3**

in Cape Girardeau: **Sign-up Deadline Wed. 4/1**

Saluki International Meet -

May 15-17

At Shea Natatorium: **Sign-up Deadline Fri. 4/17**

**Parkway Summer Sizzler -
June 12-14**

in St. Louis, MO: **Sign-up Deadline Mon. 4/27**

**GPAC Lalor Invitational -
June 12-14**

in Pensacola, FL: **Sign-up as soon as possible. This is a team travel trip for swimmers 13 and older.**

**CSP Summer Invitational -
June 26-28**

in St. Louis, MO: **Sign-up Deadline Mon. 4/27**
This is a Prelim/Final Meet for 13 and older swimmers; 12 and under swimmers swim timed finals only. **There are entry times for this meet.**

**Ozark Long Course
Championships - July 17-19**

This meet is held at Shea Natatorium and is for qualifiers only.

For All Groups Regarding Rec Center Practices:

This is a reminder to all swimmers and parents. Please be cooperative and abide by all rules when practicing at the Rec Center. Swimmers should check in with the desk downstairs in order to be granted entry into the building. Parents who do not have a Rec Center membership will not be allowed to enter the downstairs area of the Rec Center. Parents who wish to watch practice, should go upstairs and watch from the observation area. Group 4 swimmers will be giving back their cards in the coming weeks. They will give their names at the desk and be granted access to the Rec. Cards will no longer be issued. Thank you for your cooperation.

Coaches Corner

The beginning of a new season is always exciting to a coach. It is an opportunity to reflect on the accomplishments of the previous season. It is also time to set new goals for the coming season. I am very pleased and encouraged by the great strides we, as a team, have made in improving our technique. The work throughout the last season and the specific work of the last three weeks is definitely making a difference. As we look ahead to next month, there will be two opportunities to race. I hope that every swimmer on the team will swim in at least one of those meets. The second meet is a meet at our pool. Meets allow swimmers to show all the things which they have spent so much time perfecting in practice. Meets also help the coaches observe what the swimmers are doing well and what still needs some work in practice. Finally, competing in the meet will give the swimmers added purpose in their practice sessions. Our young athletes have an event to work toward and things to improve upon after the competition. So sign your swimmer up for a meet and enjoy watching their progress.

Bob Steele to Speak to Saluki Swim Club in May

On Thursday, May7, Bob Steele, former SIU Coach and current USA swimming Coach Consultant, will in Carbondale. He has offered to do a presentation for Saluki Swim Club swimmers and parents. This should be a fun opportunity to learn from a coaching legend. Event details are being finalized and will be posted on the web.

Saluki Swim Club Banquet Update

The Saluki Swim Club Board of Directors voted to move our yearly banquet to August, so that the both the short course and long course Championship teams can be honored at the banquet. The exact date of the Banquet will be publicized as soon as our reservation is confirmed..

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
Next Session of Swim School Sign-ups Are Open Now!						No Practice
12	13	14	15	16	17	18