



April 20, 2009

Saluki Swim Club

P.O. Box 3293
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. 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.

“We must be the epitome-the embodiment-of success. We must radiate success before it will come to us. We must first become mentally, from an attitude standpoint, the people we wish to become.”

[Earl Nightingale](#)

1921-1989, American Radio Announcer, Author, Motivator, Speaker



MEMBER CLUB

Building a Culture of Achievement

Update #174

Bob Steele Day Thursday, May 7 - No Practice - Reserve Your Spot By Email!

Former SIU Coach Bob Steele will be in Carbondale and leading a special event for Saluki Swim Club swimmers. The whole event will be at the Student Rec Center, and this event will take the place of practice on Thursday. Bob will work with the swimmers in the pool from 4:30-6:00pm; 6:00-6:40pm Olympian's Underwater presentation for swimmers; 6:40-7:00pm Pizza party for swimmers; 7-8:00 pm "Be the Best You Can Be" presentation for Parents and swimmers. All you have to do to participate is send Coach Jay an email to reserve your spot. There is no limit on the number of swimmers or parents, but we need to have a count. **The deadline to email is Monday, April 27.** Remember the swimmer part is from 4:30-8:00pm and the parent portion is from 7-8:00pm.

Important Deadlines and Extended Deadlines

-**The SIU Stroke Clinic** deadline is extended for Saluki Swimmers. Turn in your form at practice by Wed. 4/22

-**Saluki International** meet sign-up deadline extended to Wed. 4/22

-**Summer Session sign-ups** begin Friday 5/1 and close 5/22

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

Saluki International Meet -

May 15-17 - Carbondale, IL
Sign-up Deadline Wed. 4/22

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. The deadline for heat sheet 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

Coach's Corner

The weather is finally getting warmer, school is winding down, and summer will be here soon! Summer is an exciting and busy time for a swimmer. There are many choices and opportunities for swimmers to compete and continue to progress. There are Summer League Teams, Saluki Swim Club practices, Long Course Meets and of course the Ozark Championships here in Carbondale. *Our Summer Session sign-ups will begin on Monday, May 1 and will close on Friday, May 22 (the last day of our spring session).* As you begin to make the decision of whether or not to swim Saluki Swim Club this summer, think about the following factors. -Swimming is a sport where progress comes with each season. Any break in the training will most likely result in slowed progression. - Saluki Summer Swimming and Summer League Swimming do not have to conflict. I will talk with each summer league coach and work out a way for all swimmers to do both summer league and Saluki practices. - If you have been involved with Saluki for the last three sessions (Fall, Winter, and Spring), you are eligible to receive a 50% discount on summer fees. - Finally, summer is a great time to focus on swimming, because there are no school conflicts. So, I hope to see all swimmers back for summer, so that we can continue to improve together!

On a different subject all together, the Saluki International is coming up May 15-17, and WE NEED YOU! Running the meet will take a lot of workers, and you have the opportunity to earn back \$10 per session (up to \$30) to your escrow account (the spring Parent work requirement). Also, parents are not allowed on the pool deck unless you are working in the meet. In the coming weeks, you will have the opportunity to sign-up on the website to help work the meet. But before we reach that point, I thought it would be a good idea to go over the different jobs and what experience (if any) is needed.

- Announcer- this job requires no experience, but you can't be shy!
 - Safety Monitor - this job requires no experience, but you need to be firm.
 - Computer Operator - this job requires experience, but if you like working with computers, we will teach you.
 - Timing System Operator - this is another job that requires experience and working with computers, again we will teach you.
 - Timers - This is the easiest job and gives you the best seat in the house - No experience necessary.
 - Head Timer - No experience necessary - You keep track of multiple watches.
 - Hospitality - No experience necessary - help feed the coaches and officials.
 - Awards - No experience necessary - sticker labels to ribbons.
 - Parent Liason - Help young swimmers get to the blocks on time for their races - experience would be helpful.
 - Clean-up crew - we really need everyone available to help each day!
- I look forward to working with you at the Saluki International - Coach Jay

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22 Sign-up Deadline Saluki International	23	24	25 SIU Stroke Clinic
26	27 Sign-up deadline CSP and Parkway	28	29	30	1 Summer session sign-up begins Gator LC Kick Off	2 Gator LC Kick Off NO PRACTICE

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
May 1-3**

in Cape Girardeau:

**Saluki International Meet -
May 15-17**

At Shea Natatorium: **Sign-up Deadline
Fri. 4/22**

**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.