



June 8, 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 at [www.swimsaluki.com](http://www.swimsaluki.com)

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 are what we repeatedly do. Excellence, therefore, is not an act but a habit.”  
- Aristotle**



*Building a Culture of Achievement*

# Update #177

## Summer Session Workout Times Start on Monday

Beginning on Monday, June 8 we will start following the summer practice schedule. This means that Jedi, Group 1 and 2 will practice Monday through Friday 6:30 - 7:30pm. Normally this practice will be held at Pulliam Pool, but we will be swimming at the Rec Center Pool again this week because Pulliam is still not open. Group 3 and 4 will practice Monday through Friday morning 6-8 am and afternoons 4:45-7pm. Group 3 swimmers should swim once a day either morning or afternoon. Group 4 swimmers should consult Coach Jay regarding their practice schedule. Please consult the website for weekly practice changes.

All groups will be swimming at the Rec Center again and will continue until further notice. Thank you for bearing with us while we are waiting for Pulliam to be repaired.

### 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.

**Parkway Summer Sizzler -**  
June 12-14 - St. Louis, MO

**GPAC Lalor Invitational -**  
June 12-14 - Pensacola, FL  
Team Trip for 13 and older

## Yearly Banquet Details Coming Soon.

Banquet details will be announced soon. The banquet will be in late August and will be for all swimmers and families who swam any time from Fall 2008 through Summer 2009. Look for details on the website and in the next newsletter.

## Summer Swim School Begins Monday, June 8.

The first sessions of Saluki Summer Swim School will begin on Monday, June 8 and Tuesday, June 9. This summer will mark the beginning of some new additions and improvements to our swim school. This swim school session will be mark the beginning of new skill levels. Also at the end of the session, parents and swimmers will receive feedback regarding skill proficiency. Registration for all summer sessions are now open on the website.

**CSP Summer Invitational -**  
June 26-28 - St. Louis, MO

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

**USA Senior Sectionals**  
July 22-25 - Columbia, MO

**RSCA Last Chance Meet**  
July 27-28 - St. Louis

## Coach's Corner

I saw this on the USA website and thought it was really good! Take a minute and read it!

**In this week's Speedo Tip of the Week, Olympian David Walters offers some advice on what you need to do to become the best swimmer you can be.**

**Practice:** We do it all the time without thinking, but we should always think about it. You have to do the work in the pool, and do the work in the weight room. You can cut corners, but it comes back to you, and maybe you'll get away with it in practice or a small meet, but when you get up on the blocks for that big race, you won't stick the last turn. You won't have that last burst of energy. You won't have the technique you should've been honing. You have to make practice count. I lost a relay for our team against Cal, so I can tell you first-hand that if you cut corners, it will nip you down the road.

**Maintain a positive attitude:** You have to keep your head up. You can't take things in this world personally and be in a constant state of stress, or compete with a bad attitude. Not having a positive attitude does not help. It makes things harder on yourself. I've learned that from Aaron Peirsol, seeing how great his attitude is even when times are harsh, like when it's Thursday and we're ready for the weekend. Aaron will say, "Let's go, two more days of practice, and we're to the weekend. Get it done!"

**Understand how everything fits together:** I feel like everything is a building block that needs to fit with the others. It can be overwhelming at times trying to focus on so many little things. So the best way to play the game is to take one thing at a time, get it right, move on to the next time and learn how it all fits together. If you do make a mistake, that's okay. Learn from it, and don't do it again.

**Adversity:** You might not realize it, but this is a building block unto itself, too, and how we deal with it defines us as people and can boost us as competitors. Dealing improperly with adversity is probably the No. 1 career destroyer – letting something bad get to you and not getting over it. You can't be afraid to try again. You have to jump back in and nail that relay start, or make up that extra tenth of a second on that competitor you are chasing down. Don't let mistakes slow you. Use them to propel you to be better.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12 No AM Practice groups 3 & 4	13 No Practice
14	15 No AM Practice	16	17	18	19	20

## 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:**

### Parkway Summer Sizzler - June 12-14

in St. Louis, MO:

### 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.

### USA Swimming Senior Sectionals - July 22-25

in Columbia, MO - For Qualifiers only

### RSCA Last Chance Meet - July 27-28

in St. Louis, MO