



June 22, 2009

Saluki Swim Club

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Practice changes

No Practice Saturday, June 27

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

"Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success."

-Brian Adams



Building a Culture of Achievement

Update #178

Saluki Summer Swim School is Off and Running

The 2009 Saluki Summer Swim School is well under way, but there are still many opportunities left to sign-up for swim classes. During the summer, there are classes that meet Monday through Thursday for two weeks and classes that meet twice a week (Monday/Wednesday or Tuesday/Thursday) for four weeks. Swimmers of all skill levels are welcome within each session. There are also Parent/Child swim classes available. This summer marks a new era of swim school. We have initiated a new set of skill levels and a new focus on the skills that are the foundation of swimming.

If you are interested in learning to swim or know someone who is interested in learning to swim, please visit our website www.swimsaluki.com. All swim school sign-ups are handled through the website. We hope to see you in swim school this summer!

Saluki Swim Team Summer Schedule

Pulliam is finally open and below is the summer practice schedule:

Jedi, Groups 1&2: M-F 6:30-7:30pm at Pulliam. Group 2 Sat: 10-11:30 am

Group 3&4: M-F 6-8 am and 4:45-7pm at the Rec. Group 3&4 Sat: 10-12

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.

CSP Summer Invitational -

June 26-28 - St. Louis, MO

Ozark Long Course Championships

July 17-19 - Carbondale, IL

Saluki Swimmers Score in June Competitions

A total of nine Saluki Swim Club swimmers competed in two different competitions last weekend. Eight swimmers traveled to Pensacola, FL to compete in the 2009 Tom Lalor Invitational and one swimmer competed in the Parkway Summer Sizzler in St. Louis, MO. In all Saluki swimmers achieved 6 B times, 13 BB times, 6 A times, 9 AA times, 2 AAA times, 1 AAAA time while achieving lifetime best times in 40 % of their races. Eight Saluki swimmers achieved 23 Ozark qualifying times and three of those swimmers also achieved 9 Sectional qualifying times.

In the Lalor Invitational, the following swimmers finished in the top 8 overall for their respective age groups: Elizabeth Bell (17 years old) finished 1st in the 100 fly, 50 free and 200 IM, 2nd in the 50 fly, 100 and 200 breast, 3rd in the 50 breast, and 5th in the 100 free; Camille Davis (15 years old) finished 8th in the 50 back; Thomas Gibson (20 years old) finished 1st in the 100 breast, 2nd in the 50 breast, and 4th in the 200 breast; Calvin Kolar (16 years old) finished 6th in the 200 breast, 7th in the 100 breast, and 8th in the 50 breast; Austyn Sigler (15 years old) finished 5th in the 50 breast and 7th in the 100 breast. In the Parkway Summer Sizzler, Tyler Underwood (11 years old) finished 16th in the 100 breast and scored points in the meet.

Ozark Swimming Open Water Camp at SIU

On Wednesday, July 1, there will be an Open Water Camp held at SIU. The Camp will be led by SIU Coach Rick Walker. The flyer and application are available on our website. The deadline to apply is June 24.

USA Senior Sectionals

July 22-25 - Columbia, MO

RSCA Last Chance Meet

July 27-28 - St. Louis

Coach's Corner: I came across this article about the Tapering process and thought it was great. Please pass it along to all older swimmers.
Garrett Weber-Gale: The Great Taper

The glorious taper. For so many months we have waited, sometimes impatiently, for this thing known as taper, which is supposed to cure all wounds. The thought of doing less work, of going to practice and simply doing some technique drills, or starts, or turns or maybe some pace here and there is unbelievably exciting. I know from personal experience, especially when I was younger that it is easy to build taper up in our minds to the point where we expect to feel good in the water everyday. Does this sound unreasonable? Sometimes it really doesn't but we must try to maintain a sense of reason.

At the University of Texas we train very hard all year... almost to the breaking point. So you can see how it might be easy to have a notion in our minds that everyday of not training like that would feel like a walk in the park. Trust me when I tell you this: it does not become a reality.

The thing to always keep in the back of our mind, especially during taper, is that it doesn't always matter how we feel. During taper we will probably feel anywhere from the worst we've felt all year to better than we think we've ever felt. The truth of the matter is that I've swam many of the same times in practice in any of the scenarios. This proves that it isn't always how we feel that dictates how fast we go. As I've matured it has become easier for me to navigate through the sometimes ups and downs of taper, and still remain confident that the lush paradise of success is still right around the corner waiting for me.

Here are some things I do that help me stay positive during taper. They help put me in the right state to compete at my best when the big race day comes.

-Always try to stay positive during taper. Being positive is infectious. If you are happy and excited about something this will generally make your teammates and coaches happy and excited too.

-If you aren't happy about something don't go voicing it to everyone. Quietly go talk to your coach about something that may be bothering you. Just as happiness is contagious, so can be negativity. Don't ruin somebody else's wonderful feel for the water or positive attitude because you're not having a good day.

-Forget the pace clock. So much of taper is about perfecting what we've worked on and done all year. Try to do some pace or speed work solely based on feel. I'm not saying don't time anything... I'm just saying don't time everything.

-Continue to manage your taper with your coach. Remember that tapering is an art. Although your coach may tell you they know exactly what to do, their knowledge and insight will be much more powerful and precise with your input of how your body feels. Taper is a management game that is very delicate at times and must be addressed by you and your coaches.

-Lastly and most importantly... HAVE FUN!!! Taper is the time of year when we will most likely be the fastest and feel the best. Enjoy this time and get excited about succeeding and accomplishing your goals. I know that a smile on my face and lots of laughter is a good sign to me that my taper is going well!

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27 No Practice
28	29	30	1	2	3	4 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.

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

USA Swimming Junior Nationals August 10-14
 in Federal Way, WA