



July 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

No Practice Friday, July 17 or
Saturday, July 18

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.

"If you can imagine it,

You can achieve it.

If you can dream it,

You can become it."

-William Arthur Ward



Building a Culture of Achievement

Update #179

Saluki Swim Club Sign-ups Deadlines and Evaluation Nights Announced

Summer is quickly headed to an end, and it is time to plan for Fall 2009. As we look at starting a new season, it think it will be helpful to explain how Saluki Swim Club swim programs are set up.

Saluki Swim Club is separated into two different programs. First is the Swim School program. Swim School is the learn to swim program which takes place every month. All sign-ups and registration takes place on the Saluki Swim Club website.

The second Saluki Swim Club program is the Racing Team. The Racing Team is the USA Swimming Competitive Club swim team. The Racing Team is separated into groups by ability level. The groups are Jedi, Group 1, Group 2, Group 3, and Group 4. In order to join the Racing Team, you must participate in an Evaluation Night. The Evaluation Night is an opportunity for the Saluki Swim Club Coaching Staff to observe and evaluate the swimmers abilities and determine the best SSC racing team group.

So Saluki Swim Club will hold 2 Evaluation Nights in July. The Evaluations will be held on Monday, July 13 and Wednesday, July 29 at 6:30 pm at Pulliam Hall Pool. Please email Coach

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.

Ozark Long Course Championships

July 17-19 - Carbondale, IL

Jay Newton at coach@swimsaluki.com to reserve your spot in the Evaluation.

All swimmers who participate in the Evaluation Night will be notified after August 1st regarding group placement and registration procedures. All new swimmers should turn in paperwork and a deposit check of \$110/ swimmer by August 15.

For swimmers who are currently swimming or who swam for Saluki Swim Club in Fall 2008 or any session in 2009, the deadline to sign-up for the Fall 2009 session is Saturday, August 1. Swim families should sign-up using the link on the homepage of the web page. All new paperwork and a deposit of \$110/swimmer will be due in mid-August.

Ozark Championship Meet Will Be Held at SIU July 17-19

Saluki Swim Club will be hosting the Ozark LC Championships with Gator Swim Club Friday, July 17 through Sunday, July 19. The meet is a prelim/final meet. **We really need your help! Even if are not involved in the meet, we could still use your help timing. Remember, every meet we host contributes to the strength of our club all year long!**

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

USA Senior Sectionals

July 22-25 - Columbia, MO

RSCA Last Chance Meet

July 27-28 - St. Louis

This is a piece by Coach Bob Steele
 By Bob Steele // Swimnetwork.com Coach Blogger

Let's Get Race Ready!

Young swimmers swimming in their first meet(s) need patience and understanding from parents and coaches to learn and experience a satisfying effort. In talking with thousands of swimmers on hundreds of teams about competition here are a few of the causes of anxiety they encounter along with their reactions to anxiety. Understand that nervousness is common to all athletes, even Olympians, especially when they were your age. Becoming a World Class athlete takes about 10,000 hours of training, so let's get started.

WHAT CAUSES NERVOUSNESS?

- Something said by my parents and/or coaches. Solution: Tell them they're making you nervous.
- Being next to someone big or someone small, with a faster time. Solution: Get yourself ready to race.
- Someone's suit. Solution: Coaches know what suit works best for different meets. Color isn't fast.
- Being seeded 73rd. Solution: You're learning to race and being 72nd makes it a good day.
- Wanting to make a time to advance to another level. Solution: None needed: that's the way to think.
- Teammates doubting me. Solution: Think about proving to them you're really ready to race.
- Ready-Area where everyone "talks." Solution: Block out the chatter and visualize your strategy.
- Losing my goggles while racing. Solution: Make certain they are tight before getting on the block.
- Misplacing my gear. Solution: Make certain you pack everything you need and keep it safe.
- Pressure I put on myself. Solution: Pressure makes people great and provides a chance to see what you learned.

READY TO RACE SUGGESTIONS !

- Figure a way to "love to race" by practicing racing in practice. Measure yourself with yourself.
- Think about one or two things your coach has had you work on to prepare for a specific race.
- Look forward to seeing if during your swim you coach noticed you doing things right.
- In warm-up make certain you know the pool markings and equipment so you're ready to race.
- Use only a team cap and suit and wear your team gear: T-shirt, sweats, or parka to the blocks.
- Write event numbers on the back of your hand so you don't miss a chance to race.
- Sit with your team. Cheer for teammates so they cheer for you. You'll learn more about racing.
- If you're uncertain get help from an experienced teammate; however, talk to your coach last.
- Don't stand too much. Save your legs for your race.
- Distract yourself by playing cards or reading a book, but don't miss a race!
- Never miss practice if you're on relays. Teammates are relying on you to race fast. Be ready!
- If there's a Ready-Area get there on time and think about racing skills and strategy.
- On the blocks visualize only those TWO things on which you and your coach have worked.
- Finish a race by fingertips touching ONLY the TARGET, arm(s) extended, head down or back.
- Practice CELEBRATIONS and use it for a good swim, good time, getting a ribbon...
- See your COACH FIRST following your swim for analysis of skills and strategy.
- If your swim was disappointing shrug your shoulders and think about your best effort EVER in your next swim.
- Warm-down following coach's instructions and think about your next swim.
- If mom, dad, or coaches make you anxious simply tell them to relax and leave it to you.
- Stay warm, but if it's hot, stay out of the sun!

WHY DO YOU SWIM? Talk to your coach about your answer and remember this is your sport, not anyone else's. Follow your own star. Participation develops over 70 traits, values, and skills you'll use throughout a lifetime and learning to handle stress is just one of them. There is so much more to swimming than swimming. "Follow your own star" and remember swimming is just a sport.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
12	13	14	15	16	17 No Practice Ozark Champion ships	18 No Practice Ozark Championships

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.

Evaluation Nights for the Fall 2009 Session of Saluki Swim Club Racing Team

Monday, July 13 at 6:30 pm at Pulliam Pool or Wednesday, July 29 at 6:30 pm at Pulliam Pool -- email Coach Jay Newton at coach@swim.saluki.com to reserve your spot

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