



July 28, 2009

### Saluki Swim Club

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## Practice changes

The Summer Session will end on August 1; The Fall session will begin on Monday, August 31

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](mailto:coach@swimsaluki.com).

**"You can't put a limit on anything. The more you dream, the farther you get."**

**Michael Phelps**



*Building a Culture of Achievement*

# Update #180

## The Last Evaluation Night for Fall Session - Wednesday, July 29.

The final Evaluation Night for all swimmers who would like to be considered for the Saluki Swim Club Fall session is Wednesday, July 29. The Evaluation Night will take place at Pulliam pool at 6:30 pm. All swimmers should attend with at least one parent or guardian. When you arrive at Pulliam, please fill out the registration forms. Swimmers will go to the pool in groups to be evaluated. The evaluation will simply be swimming a few 25's of each stroke. Group placement and invitations will be emailed out August 1-4. The emails will give further details about accepting a place in a Saluki Swim Club group.

## August 1 - Deadline to Sign-up for the Saluki Swim Club Fall Session.

All Saluki Swim Club swimmers (in Jedi, Group 1, 2, 3, or 4) who have participated in the Fall 2008, Winter, Spring, or Summer 2009 sessions, have until Saturday, August 1 to sign-up for the Fall 2009 session. The sign-up link is available on the website. After signing up for the Fall session, all swim families need to fill out the new 2009-2010 registration packet. These packets will be sent by email to all families after August 1. Hard

## Announcements

### Upcoming Meets:

The Meet calendar for the 2009-2010 swim season will be posted on the website in the next couple of weeks. Look for it and mark your calendars!

copies can be mailed to families by request. All registration forms and a \$110 deposit per swimmer are due by August 21. Any changes in group assignment will be communicated by email August 1-4. If you have any questions, please contact Coach Jay Newton.

## Saluki Swim Club Annual Banquet Will Be Held on Friday, August 28! RSVP Today!!

The Saluki Swim Club Annual Banquet will be held on Friday, August 28 at the Giant City Lodge. The Banquet will be from 6-8:30pm and the cost will be \$15 for those 12 and older and \$8.50 for kids 11 and under. The menu for the evening will consist of all you can eat family chicken dinner, mash potatoes and gravy, dumplings, green beans, corn, cole slaw, and biscuits and butter.

**In order to attend the banquet, you must RSVP to [coach@swimsaluki.com](mailto:coach@swimsaluki.com) and mail payment to PO BOX 3293, Carbondale, IL 62902 by August 14.**

Hopefully, all of you can join us to recognize the swimmers' accomplishments from the Fall of 2008 through the Summer of 2009!

## UPCOMING EVENTS AND DEADLINES

Wednesday, July 29 - Evaluation Night - 6:30 pm at Pulliam Pool

Saturday, August 1 - Deadline to sign-up for Fall 2009 session.

Friday, August 14 - Deadline to RSVP for the Banquet. Payment is also due on 8/14

## Saluki Swim Club Swimmers Break Team Records at Ozark Championships

Fifteen Saluki Swim Club swimmers participated in the 2009 Ozark Long Course Championships July 17-19 at the Shea Natatorium on the SIU campus. Saluki Swim Club swimmers swam really well and achieved many impressive times. As a team, the swimmers achieved lifetime best times in 88% of their races and broke 9 team records. As a team, Saluki swimmers achieved 1 Junior National qualifying time, 13 Sectional qualifying times, 5 AAAA times, 9 AAA times, 13 AA times, 6 A times, and 13 BB times.

Saluki Swim Club swimmers who finished in the top 16 individually and scored points in the meet included: Elizabeth Bell (17 yrs old) – 1<sup>st</sup> in the 50 free – with 4 sectional qualifying times, 1 Junior National qualifying time, and 4 team records; Camille Davis (15 yrs old) – 3<sup>rd</sup> in the 100 back, 4<sup>th</sup> in the 200 back, 8<sup>th</sup> in the 100 free – with 1 team record; Ryan Hall (15 yrs old) – 16<sup>th</sup> in the 1500 free; Jared King (16 yrs old) – 8<sup>th</sup> in the 200 breast; Calvin Kolar (16 yrs old) – 1<sup>st</sup> in the 100 free, 200 breast, 200 and 400 IM, 2<sup>nd</sup> in the 50 free and 100 breast, and 3<sup>rd</sup> in the 200 free – 15 and older boys High Point winner – with 5 Sectional qualifying times and 3 team records; Maria Kolmakova (18 yrs old) – 1<sup>st</sup> in the 100 fly, 2<sup>nd</sup> in the 100 free, and 10<sup>th</sup> in the 50 free – with 1 Sectional qualifying time; Ashlee Kuan (13 yrs old) – 13<sup>th</sup> in the 100 back and 14<sup>th</sup> in the 200 breast; Cameron Kuan (10 yrs old) – 13<sup>th</sup> in the 200 free; Bree Rossi (20 yrs old) – 1<sup>st</sup> in the 200 IM, 100 and 400 free – with 2 Sectional qualifying times; Austyn Sigler (15 yrs old) – 4<sup>th</sup> in the 200 breast and 5<sup>th</sup> in the 100 breast; Jacob Stone (12 yrs old) – 3<sup>rd</sup> in the 200 free, 4<sup>th</sup> in the 50 breast and 400 free, 5<sup>th</sup> in the 100 breast, 7<sup>th</sup> in the 100 free, 10<sup>th</sup> in the 50 back and 11<sup>th</sup> in the 100 back; Kelsie Walker (13 yrs old) – 3<sup>rd</sup> in the 200 fly and 400 free, 5<sup>th</sup> in 100 free, 6<sup>th</sup> in the 100 fly, 8<sup>th</sup> in the 200 IM, 9<sup>th</sup> in the 200 free, and 13<sup>th</sup> in the 50 free – with 1 team record; Kyle Walker (16 yrs old) – 12<sup>th</sup> in the 1500 free.

The Saluki Swim Club 15 and older girls' relay team of Camille Davis, Austyn Sigler, Elizabeth Bell, and Maria Kolmakova finished 1<sup>st</sup> in the 400 Medley Relay with a Sectional qualifying time. The 15 and older boys' relay team of Kyle Walker, Jared King, Ryan Hall, and Calvin Kolar finished 7<sup>th</sup> in the 400 free relay.

### Bell Leads the Way at Speedo Sectional Championships in Columbia, MO

Five Saluki Swim Club swimmers competed in the 2009 Speedo Sectional Championships in Columbia, MO last weekend. Seventeen year old Elizabeth Bell lead the way for the Saluki's finishing 6<sup>th</sup> in the 50 free, 9<sup>th</sup> in the 100 fly, 11<sup>th</sup> in the 100 free, and 14<sup>th</sup> in the 200 IM while achieving 3 new team records. Bell achieved 2 Junior National qualifying times and will compete in Junior Nationals in Federal Way, WA in August. Sixteen year old Calvin Kolar finished 22<sup>nd</sup> in the 200 breast and set a new team record. Also competing for the Saluki's in the competition were Camille Davis, Maria Kolmakova, and Austyn Sigler. In all Saluki Swim Club swimmers achieved 5 AAAA, 4 AAA, 4 AA, and 2 A times.

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8

## 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

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

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

**Group 4 practice resumes Monday, August 24.**

**Groups 1, 2, 3, and Jedi practice resumes Monday, August 31.**