



August 31, 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

No Practice Monday, September 7

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.

"Some people dream of success... while others wake up and work hard at it."

~Author Unknown



Building a Culture of Achievement

Update #181

Fall Swim Session Begins Today!!

We officially start our Fall Session today, with all groups and programs in action! As we look forward to this exciting season, I want to highlight several things all swimmers and families should remember: - Do your best to be on time for each practice you attend - Remember to bring your goggles, cap (if necessary), and extra goggles to practice - Parents, please refrain from coming on deck during practice - Please, be on time to pick up your children immediately after practice.

Swim School will also start today. Swim School sessions run for 4 weeks. The next session will start immediately following the completion of this session. The online registration will open 2 weeks before the start of each session (Sept. 14 for the next session). We have limited spaces during the school year, so make sure to register early before the classes fill up.

So remember, when you get to the pool, be ready to swim, ready to learn and **HAVE FUN!!**

Announcements

Upcoming Meets:

The Meet calendar for the 2009-2010 swim season is posted on the webpage. Please, plan ahead, and keep an eye out for upcoming deadlines. Meet sign-up deadlines are strict deadlines. Make sure to mark your calendars!

Saturday, September 19 - Parent Education Day/General Meeting/Meet the Coaches Day - 10:00 am

Saturday, October 3 - Saluki Open Water Race

October 10-11 - Rec Plex Fall Festival - St. Peters, MO - Deadline: Sept 21

Bell Competes in Summer Junior Nationals

Seventeen year old Elizabeth Bell finished an impressive summer season by competing at the Speedo Summer Junior Nationals in Federal Way, WA. Junior Nationals is the 18 years old and younger National Championships. Only about 100-120 swimmers qualify for each event at this highly competitive meet. Bell competed in three events - the 100 fly, 50 and 100 free. Bell's highest finish was 40th place in the 50 free. Junior Nationals capped off a great summer in which Bell broke 5 team records.

Please, Welcome Our New Coaches to Saluki Swim Club!

We are excited to welcome three new coaches to the Saluki Swim Club Coaching Staff! Coach Natalie McLean joins us after swimming for Saluki Swim Club and SIU. Coach Natalie is also teaching English at CCHS. She will be coaching Jedi and Group 1. Coach Brittany Massengale joins us after a great swimming career at Rice University. Coach Brittany is also working with SIU Swimming and Diving. She will be working with the groups at Pulliam. Coach Lindsey Smith joins us after swimming at SIU. Coach Lindsey is still a student at SIU and works for the student newspaper. She will work with the groups at Pulliam.

October 24 - Saluki Swim Your Own Age - Carbondale, IL Deadline: Oct 2

November 20-22 - Carbondale 500 - Carbondale, IL Deadline: Oct 23

December 4-6 - XCEL Meet of Champs - Brentwood, TN

December 12 - Tri-State Meet - Carbondale, IL - Deadline: Nov 23

January 8-9 - Paducah Swimfest - Location TBA

January 22-24 - FAST Winter Invitational - St. Louis, MO

COACH'S CORNER

The beginning of a new season is always one of my favorite times of year! There are new swimmers, and the existing team members are back from a much needed break. There is always great anticipation of new goals and challenges to be conquered. I also like the beginning of each season, because it gives us time to work on stroke technique and all the little details that are so important in swimming.

This fall also marks my one year anniversary here at Saluki Swim Club. I cannot believe how quickly this first year has gone by. We had a very exciting year, with a lot of fast swimming and a lot of fun. As I look forward to this next year, I have several goals for us, as a team. In addition to the swimmers' improving their times, I would like to see us grow together as a team. I would like to see our Saluki swimmers participate in many meets and swim in relays together. I would like to see us field relays in every age group at the Ozark Championships in February. These are lofty goals, but they are goals which we can accomplish with hard work and dedication.

Saluki Swim Club is very blessed to have two pools here on the SIU campus which we can use for practice and meets. We will host several meets here in Carbondale, and these will be great opportunities for our swimmers to compete and improve. In order for us to be able to host these meets, we will need help from every parent to help us run the meet. There are many jobs which take no or very little experience. There will also be opportunities to compete in meets out of town. While we offer some great opportunities to compete here in Carbondale, it is also good for swimmers to compete in meets outside of Carbondale.

Competitive swimming is a great sport, a family sport. This season will be a great learning experience for your children, and it can be a great learning experience for you as a parent. We, as a coaching staff, will spend a lot of time teaching the swimmers about swimming, racing, team work, personal improvement, and sportsmanship. This season will also offer Saluki Parents opportunities to learn more about the sport of swimming, the rules of swimming, and how it can benefit your child long term. The first opportunity to learn about swimming will be coming up soon, Saturday, September 19. On this Saturday morning, we will offer a Parent Education Class 10 am - noon during our practice time. The kids will have practice as usual. During this class, we offer specific explanation of all swimming rules including the four strokes, starts, and turns. Demonstrations in the water will accompany all rule explanation. This will be a very special occasion for Saluki Parents to learn everything you ever wanted to know about swimming. After the class, we will have a Meet the Coaches' event with Q and A time and FOOD!! I really hope you can attend!

One final note on our team procedures. We use email and the website for the majority of our communication. So please, check the website each week or more often. We also use the website to sign up for meets. Meet sign-up deadlines are hard deadlines. We have some leeway for home meets, but most away meets have no late entries. Please, check the calendar page and plan ahead! And if you have any questions, please let me know.

Coach Jay Newton

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.

**Parent Education Day/General Meeting/Meet the Coaches Day
Saturday, September 19 - 10:00 am**

**Rec Plex Fall Festival
October 10-11 - St.Peters, MO
Sign-up Deadline Sept 21**

**Saluki Swim Your Own Age Meet
October 24 - Carbondale, IL
Sign-up Deadline - October 2**

**Carbondale 500
November 20-22 - Carbondale, IL
Sign-up Deadline - October 23**

**XCEL Meet of Champs
December 4-6 - Brentwood, TN
Sign-up Deadline -**

**Tri-State Meet
December 12 - Carbondale, IL
Sign-up Deadline - November 23**

**Paducah Swimfest
January 8-9 - TBA
Sign-up Deadline -**

**FAST Winter Invitational
January 22-24 - St. Louis, MO
Sign-up Deadline -**

**Gator Great Times Meet
February 5-7 - Cape Girardeau, MO
Sign-up Deadline -**

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 No Practice!	8	9	10	11	12