



September 14, 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

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.

"Desire is the most important factor in the success of any athlete."

-Willie Shoemaker



Building a Culture of Achievement

Update #182

Parent Education, Meet the Coaches, and General Meeting Day, Saturday, September 19!!

On Saturday, September 19, we will have a very special opportunity for all Saluki Swim Club Families. On this Saturday morning during swim practice (all groups Jedi through Group 4 are welcome), Saluki Parents will have the opportunity to learn the specific rules of competitive swimming. If you have ever wondered why your swimmer got DQ'd (disqualified) in a race, make sure to be at the Rec Center at 10:00 am on this Saturday! USA Swimming Referee Rick Boren will go over the swimming rules and in the water demonstrations will be shown to facilitate understanding.

As a special bonus, all parents who attend the Education session will be given a raffle ticket. Saluki Swim Club will be raffling off several great swim items including a new swim backpack, a gift certificate to the Rec Shop, and more items after the meeting.

The Education portion of the day will end at noon and pizza and refreshments will be served for swimmers and parents. At this point there will be an opportunity to meet the Saluki Swim Club Coaches. Finally, we will have our annual General Meeting for all Saluki Swim Club

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- Carbondale, IL **Deadline: Sept 25**

October 10-11 - Rec Plex Fall Festival - St. Peters, MO - **Deadline: Sept 16**

families. This meeting is for the whole membership. We will discuss the present state and future of our team. All together, this should be a great day of learning, food and fun for the whole team.

Pulliam Hall Pool Problems

The Pulliam Hall Pool is currently closed for repairs. A malfunction in the emergency steam shut off system caused damage to the pipes in the pool pump room and lead to the draining of the pool. Unfortunately equipment failure is out of anyone's control. Until Pulliam is reopened all groups (Jedi, Group 1, 2, 3, & 4) will practice at the Rec Center at their normal times. Any missed days for Swim School will be rescheduled for a later date or another location. Parents please remember that we must follow Rec Center rules. So No Parents are allowed in the lower level of the Rec Center (unless you have a membership to the Rec). If you are concerned about younger swimmers walking by themselves, you should have an older swimmer walk with them or avoid practice until Pulliam reopens.

Swim School Dates Moved

Due to Pulliam Pool being closed, the Swim School schedule will be moved. The current class will be extended by at least one week. Therefore all future class dates will also be moved. As of right now, registration for the next class will begin on Monday, Sept. 21. Watch for updates on the website.

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

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**

**Saluki Open Water Festival
Oct. 3 - Carbondale, IL
Sign-up Deadline: Sept. 25**

**Rec Plex Fall Festival
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Sign-up Deadline Sept 16**

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Sign-up Deadline -**

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

**Gator Great Times Meet
February 5-7 - Cape Girardeau,**

COACH'S CORNER

Well the season is off and running and we have already hit our first bump in the road with Pulliam being closed for repairs. Of course, things like pool repairs will happen from time to time, but we will always do our best to make the best of our circumstances.

In the near future, meets and meet deadlines will start to arrive. I want to remind all of you to keep an eye on meet sign-up deadlines. Unfortunately, meets around here fill up fast. So if you decide after the deadline that you want to swim in the meet, it will probably be too late. All meet sign-ups are done through the website (calendar page!). If you have any questions about this procedure, please email me at coach@swimsaluki.com. Below I will detail all the upcoming events and give you some specifics about them.

Parent Education/Meet the Coaches/ General Meeting Day: We have combined several events for this day in order to not take up more than one Saturday. We will also have food, and a raffle for some great swim gear. The more you learn about competitive swimming and the more you are involved with the team, the more you will enjoy being a part of Saluki Swim Club

Saluki Open Water Festival: This event is for swimmers 11 years old and older. Specifics are posted on the website. This is a new event this year and I would encourage all swimmers 11 or older to give it try. We will swim at Little Grassy Lake. Sign-up Deadline: September 25.

Rec Plex Fall Festival: This meet is good for all ages, however beginning swimmers may wish to wait for Saluki Swim Your Own Age meet for their first meet. Sign-up Deadline: Sept. 16* (incorected list as Sept 21 in the last newsletter)

Saluki Swim Your Own Age Meet: This meet is good for all ages (yes there are 15 and older events!) This is a great one day, one session meet. This is an especially good meet for new swimmers. All swimmers can swim one event for each of the four strokes. Sign-up Deadline: Oct. 2

Carbondale 500: This meet will be a large and competitive meet. There is no 8 and under age group in this meet, so swimmers 8 and younger who are not experienced should probably skip this meet (consult your coach). All other swimmers should definitely compete at this meet! Sign-up Deadline: Oct. 23

I hope these explanations will help you decide which are the best meets for you and your swimmers. If you have any questions, please let me know (coach@swimsaluki.com)

Coach Jay Newton

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16 Rec Plex Meet sign-up deadline	17	18	19 Parent Education Day/Meet the Coaches/General Meeting
20	21	22	23	24	25 Open Water Event sign-up deadline	26