



**October 13, 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](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).

**"The difference between failure and success is doing a thing nearly right and doing it exactly right."**

-- **Edward C. Simmons**



*Building a Culture of Achievement*

# **Update #184**

## **Saluki Swim Your Own Age Meet Saturday, October 24**

Our first home meet of the season is quickly approaching. As we look ahead to the meet, there are several things you can do to prepare for the meet. First, make sure that you pack your swim bag the night before with towel, suit, cap, and 2 pairs of goggles. Second, make sure to eat a good breakfast, and bring healthy snacks and water or gatorade to drink during the meet. Third, make sure to be at the Rec Center around 8 or 8:10 am (the building will not open until 8:00). Finally, be ready to have fun and do your best!

Parents, on meet day we will need your help with the many jobs that it takes to run a swim meet. Volunteering to work the meet is the only way to be on deck with your swimmers. Most swim meet jobs do not require experience or expertise. Working the meet will give you an opportunity to experience the swim meet with your child. This first meet will be low key and a lot of 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!

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

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

### **SALUKI TEAM WARM-UP ORDER FORMS ARE NOW AVAILABLE**

Saluki Swim Club warm-up suit orders are now being taken. Try on sizes are available in the Rec Shop. Order forms are available on the website or in the Rec Shop. All orders and payments should be turned in at the Rec Shop.

### **Saluki Swim Club Procedure: How to Sign-up for a Swim Meet**

Through out the year, we have many swim meets on our schedule. Each meet will have a sign-up deadline. Some meets are home meets (meaning we have some flexibility in the deadline) and others are away meets (where we have no flexibility on deadlines). In order to sign-up for a swim meet, a parent or swimmer should go to our website. Go onto the Calendar page, and fill out the form on the right side of the page (Register for a meet). This form will send an email with your name and the meet you want to sign up for. It is not necessary to send any payment or other paperwork. All entries will be submitted by computer as a team. You will see a charge for meet fees in the escrow account when you get your monthly statement. So, all you have to do is register on the website by the deadline, and everything else will be taken care of by the Coaching staff.

December 4-6 - XCEL Meet of Champs - Brentwood, TN **Deadline: Nov. 6**

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

January 2-3 - Paducah Swimfest - Location TBA -**PLEASE NOTE DATE CHANGE!!!!**

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

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

## Important Dates

Detailed meet information is available on the Calendar page of the Saluki website.

### Saluki Swimmers Start the Season Off With a Strong Performance in St. Peters!

Eighteen Saluki Swim Club Swimmers participated in the 2009 Fall Festival Invitational last weekend in St. Peters, MO. This meet marked the first competition for the team in the 2009-2010 Short Course Season. As a team, Saluki swimmers swam really well. Two swimmers, Elizabeth Bell and Kelsie Walker, qualified for the Sectional Championships in 8 events. Nine swimmers, Elizabeth Bell, Stephen Cohen, Camille Davis, Sarah Hall, Ashlee Kuan, Cameron Kuan, Darlene Sao, Jacob Stone, and Kelsie Walker, qualified for the Ozark Championships in 39 events. In all, the swimmers achieved lifetime best times in 58% of their races, 37 B times, 33 BB times, 12 A times, 10 AA times, 2 AAA times, and 2 AAAA times. Several Saluki swimmers had individual performances that rank in the Top 5 all time for Saluki Swim Club in their age groups. Elizabeth Bell set a new team record in the 200 Individual Medley, Jacob Stone achieved Saluki Top 5 times in the 100 back, 100 breast, 50 and 200 free, and Kelsie Walker achieved a Saluki Top 5 time in the 200 fly.

Saluki Swim Club swimmers who finished in the Top 16 in individual events in the meet and scored points included: Elizabeth Bell (17 years old) – 1<sup>st</sup> in the 100 breast, 100 fly, 50 and 100 free, 2<sup>nd</sup> in the 200 IM, 3<sup>rd</sup> in the 100 back and 200 breast, and 4<sup>th</sup> in the 200 free; Stephen Cohen (17 years old) – 3<sup>rd</sup> in the 200 breast, 7<sup>th</sup> in the 100 breast and 200 IM, 8<sup>th</sup> in the 50 free, 10<sup>th</sup> in the 200 free, 11<sup>th</sup> in the 100 free, 12<sup>th</sup> in the 100 fly, and 14<sup>th</sup> in the 100 back; Camille Davis (15 years old) – 4<sup>th</sup> in the 100 and 200 back, and 13<sup>th</sup> in the 100 free; Ryan Hall (15 years old) – 4<sup>th</sup> in the 200 fly and 12<sup>th</sup> in the 200 back; Sarah Hall (17 year old) – 8<sup>th</sup> in the 200 fly; Jared King (16 years old) – 5<sup>th</sup> in the 200 breast and 12<sup>th</sup> in the 100 breast; Ashlee Kuan (13 years old) – 8<sup>th</sup> in the 200 breast, 100 and 200 back, 13<sup>th</sup> in the 200 fly, 15<sup>th</sup> in the 100 fly, and 16<sup>th</sup> in the 200 free; Cameron Kuan (10 year old) – 4<sup>th</sup> in the 100 IM, 50 back, and 200 free, 5<sup>th</sup> in the 50 and 100 free, 6<sup>th</sup> in the 100 back, 7<sup>th</sup> in the 100 breast, and 9<sup>th</sup> in the 50 breast; Natalie San (16 years old) – 16<sup>th</sup> in the 100 breast; Darlene Sao (16 years old) – 14<sup>th</sup> in the 50 free, 15<sup>th</sup> in the 100 breast, and 16<sup>th</sup> in the 200 free; Taylor Stanhouse (16 years old) – 16<sup>th</sup> in the 200 breast; Jacob Stone (12 years old) – 1<sup>st</sup> in the 50 breast, 2<sup>nd</sup> in the 100 breast, 50, 100, and 200 free, 3<sup>rd</sup> in the 100 IM and 100 back, and 4<sup>th</sup> in the 100 fly; Tyler Underwood (12 years old) – 12<sup>th</sup> in the 100 back, 14<sup>th</sup> in the 100 breast and 200 free, 15<sup>th</sup> in the 50 back and 16<sup>th</sup> in the 50 free; Kelsie Walker (13 years old) – 1<sup>st</sup> in the 200 fly, 4<sup>th</sup> in the 200 free, 5<sup>th</sup> in the 50 free, and 9<sup>th</sup> in the 100 back; Kyle Walker (16 years old) – 15<sup>th</sup> in the 200 free and 16<sup>th</sup> in the 100 back.

Saluki Swim Club relays scoring in the meet include: The relay team of Camille Davis, Elizabeth Bell, Sarah Hall, and Taylor Stanhouse finished 4<sup>th</sup> in the 200 medley relay; the relay team of Darlene Sao, Taylor Stanhouse, Camille Davis, and Elizabeth Bell finished 3<sup>rd</sup> in the 200 free relay; the relay team of Stephen Cohen, Jared King, Ryan Hall, and Kyle Walker finished 4<sup>th</sup> in the 200 free relay.

### Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 Rec Plex Fall Festival Meet	12	13	14	15	16	17
18	19	20	21	22	23	24 Saluki Swim Your Own Age Meet!!

**Please remember to check the Calendar page for meet sign-up deadlines.**

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