



**November 16, 2009**

### **Saluki Swim Club**

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618-457-1103 (Saluki HQ)

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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)

Group 4 - No Practice Friday, Oct. 30

All Groups - No Practice Saturday, Nov. 7

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).



*Building a Culture of Achievement*

# Update #186

## **Carbondale 500 Meet Week Has Arrived!**

We are finally to the week of the Carbondale 500. The coaches and swimmers are ready after a Fall season of strong practices. Beginning Friday, almost 500 swimmers will converge on the SIU campus to compete in our home pool. This meet will be exciting and an excellent opportunity for our team and for the many other swimmers from five different states.

As we look ahead to the weekend, we as a team need to remember that we are playing the host this weekend. We are blessed with a great facility and great swim families. We have top notch equipment and officials. But this weekend will only truly be successful if all of team/families join together and work hard to make it successful. It takes about 28 workers per session to run the meet. With only 61 swimmers entered in the meet, we will have to have everyone in order to fill the worker spots. So if you have not already signed up to work, please sign up today on the website. If you are signed up to work, but can work another session... we would greatly appreciate your help!

## **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!

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

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

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

Remember that large invitationals like the Carbondale 500 provide needed income for our team. Meet income helps us keep our dues as low as possible. And don't forget the Carbondale 500 is your opportunity to earn back the parent work requirement (\$10/session worked).

The warm-up schedule is as follows: Friday (500 free) - 4:15 Saturday and Sunday AM - 7:15 Saturday and Sunday PM - 12:30 Make sure to be 10 minutes early. Bring extra goggles, warm clothes, snacks, and something to drink (water, gatorade, etc). Most of all - come ready to race and have fun!

### **Saluki Swim Club Accounts**

Saluki Swim Club mails out invoices each month on the 20th. If you have any questions about your account, please call Saluki HQ at 457-1103 or email [coach@swimsaluki.com](mailto:coach@swimsaluki.com). Saluki Swim Club policy states that dues for the Fall session should be paid by Nov. 1. Please make sure to communicate any questions or concerns with Saluki HQ.

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 -

February 26-28 Ozark Championships - Qualifiers only - St. Peters, 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.**

### Saluki Swimmers Shine While Representing their Schools in IHSA Sectional Championships: Bell and Davis Qualify for State

Eleven Saluki Swim Club Swimmers representing six different High Schools competed in the IHSA Sectional Championships in Springfield on Saturday. The IHSA Sectional meets held throughout the State determine which swimmers make the IHSA State Championship Meet held in New Trier, IL Nov. 20-21. A swimmer must win their event at the Sectional Meet or achieve the State Automatic qualifying time at the Sectional Meet.

Two Saluki Swimmers qualified for the State Championships at the Sectional Meet. Senior Elizabeth Bell, representing Anna-Jonesboro High School, won the 50 free and 100 fly. Elizabeth also broke the Sectional Pool Records in both events. Sophomore Camille Davis, representing Goreville High School, won the 100 back and finished 4<sup>th</sup> in the 100 free. Both Elizabeth and Camille will compete this weekend in the IHSA State Championships.

The results for other Saluki Swimmers who competed in the Sectional Meet include: Darlene Sao - Carbondale Community High School – 7<sup>th</sup> in the 200 free and 12<sup>th</sup> in the 50 free; Austyn Sigler – Carterville High School- 7<sup>th</sup> in the 100 breast and 14<sup>th</sup> in the 200 IM; Natalie San – Carbondale Community High School – 10<sup>th</sup> in the 100 back and 19<sup>th</sup> in the 100 breast; Joan Shang – Carbondale Community High School – 11<sup>th</sup> in the 100 fly and 15<sup>th</sup> in the 100 breast; Taylor Stanhouse – Du Quoin High School – 16<sup>th</sup> in the 100 free and 18<sup>th</sup> in the 50 free; Jysheng Hou – Carbondale Community High School – 18<sup>th</sup> in the 100 back and 25<sup>th</sup> in the 100 free; Kristie Huff – Galatia High School – 21<sup>st</sup> in the 100 free and 26<sup>th</sup> in the 100 breast; Miranda Payne – Du Quoin High School – 22<sup>nd</sup> in the 100 breast and 23<sup>rd</sup> in the 100 free; Rohini Gupta – Carbondale Community High School – 31<sup>st</sup> in the 50 free and 34<sup>th</sup> in the 100 free.

Carbondale Community High School also fielded two relay teams that finished in the Top 12. The Relay team of Natalie San, Jysheng Hou, Joan Shang, and Darlene Sao finished 6<sup>th</sup> in the 200 Medley Relay. The relay team of Natalie San, Rohini Gupta, Joan Shang, and Darlene Sao finished 10<sup>th</sup> in the 200 free relay

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Sign-up Deadline - October 23**

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

**Paducah Swimfest  
January 2-3 - 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 -**

**Speedo Grand Prix -  
February 11-14 - Columbia, MO  
Qualifiers only**

**Ozark Championships -  
February 26-28 - St. Peters, MO  
Qualifiers only**

### Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Carbondale 500 Meet - No practice	<b>21</b> Carbondale 500 Meet - No practice
<b>22</b> Carbondale 500 Meet	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> No Practice Happy Thanksgiving	<b>27</b> No Practice	<b>28</b>