



January 18, 2010

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

Please note that the most timely changes to the practice schedule are available on the club website at www.swimsaluki.com

Jedi, Group 1, 2, and 3 will not have practice on Monday, Jan. 18.

There will be No Practice on Saturday, Feb. 6.

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.

If you think you can, you can.
And if you think you can't,
you're right.

-Henry Ford



MEMBER CLUB

Building a Culture of Achievement

Update #189

Upcoming Meets and Spring Break

The Winter session for Saluki Swim Club is short and combined with school schedules, it will pass quickly. We have a number of meets coming up in the next couple of months. First up is FAST Winter Invitational next weekend. Two weeks later is the Gator Great Times Meet in Cape Girardeau. Two weeks later, the Boys' High School Sectional meet will be held in Champaign, IL. The last weekend of the month of February will find the team competing in the Ozark Championships in St Peters, MO. The following weekend will complete the short course (25 yard) season with the Sectional Championships in Oklahoma City, OK.

Saluki Swim Club will start their Spring Break on Friday, March 5 and practice will resume on Monday, March 15. The Winter session will end on Thursday, March 4 and the Spring session will start on Monday, March 15.

We will open sign-ups for the Spring session during the first week of February and we hold an Evaluation Night in February (TBA). I hope everyone has a safe and healthy Winter session. I am looking forward to seeing some great races this session!
Coach Jay Newton

Pulliam will be Closed Monday, January 18 for MLK Day

With Pulliam being closed on Monday for MLK Day, practice for Jedi, Group 1, 2, and 3 will be cancelled. All Pulliam groups will resume normal practice schedule on Tuesday, January 19. The Rec Center will be open on Monday and Group 4 will have practice at their normally scheduled time.

Winter Weather and Practice Schedule Changes

We are in the heart of the Winter session and it is likely that we will experience some snow and ice over the next couple of months. When Winter weather hits, we will use our normal means of communication: The website, email, Saluki HQ phone message and notices posted on the door at Pulliam (postings at the pool may not be possible if roads are too dangerous). As a guideline, we will most likely have practice if SIU facilities are open. If SIU facilities are closed, we will cancel practice. In all cases, the above listed means of communication will be updated each day.

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!

January 22-24 - FAST Winter Invitational - St. Louis, MO - **Deadline: Dec. 28**

February 5-7 - Gator Great Times Meet - Cape Girardeau, MO - **Deadline January 4**

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

March 4-7 Region 8 Sectional Championships - Oklahoma City, OK - Qualifiers only -

Saluki Swim Club Mailing List and More

If you are not receiving regular emails and newsletters, please submit your email address using the form on the bottom right hand side of the homepage. If you have any questions regarding the team or your account, please email Coach Jay or call Saluki HQ at 457-1103.

This article is copied from the USA Swimming Website

Understanding a Young Athlete’s Physical Growth and Development

Did you know? -- Individuals follow a predictable pattern of physical growth but the rate at which children and youth go through this growth varies by individual.

Consider... *During the childhood phase, children grow about 2.5 in/yr and gain about 5 lb/yr *Peak velocity of growth (aka growth spurt) occurs during puberty/ adolescence. *Athletes of the same chronological age can vary by as much as 5 biological years. Therefore, with two 11-year-old swimmers, one may be 10 and the other 15, biologically.

Recommendation: Educate athletes regarding growth cycles so they understand what is happening to their bodies.

Did you know?-- Performance can be influenced by rate of maturity, which is out of the athlete’s control. Some young athletes, therefore, have a performance advantage over others. **Consider...** *Initially, early maturers have a physical size advantage and often perform better than late maturers. These individuals experience more early success due to a physical growth advantage and not necessarily enhanced skills or abilities. *Conversely, late maturers experience failure and frustration because they are physically “behind” their same-age (chronological) peers. *Late maturers often catch up to or exceed the performance of early maturers by the mid-teen years, but only if they have stayed with the sport. Some drop out because of a lack of early performance success or, worse, are cut from the team. *Tracking of “outstanding” kids in elementary school found that only 25% were still outstanding in later years, suggesting that early success does not predict later success.

Recommendation: Help early maturers keep success in perspective as late maturers will often catch up with them. Encourage both the early and late maturer to develop good technique and take on new challenges. Take active steps to keep late maturers involved as they often leave sport because of low perceptions of competence due to little early success. Encourage and recognize individual improvement and avoid comparing athletic performances.

Did you know? --Gender differences in physical growth and in the timing of the growth spurt contribute to the overall difference in the height and body shapes of females and males. **Consider...** *Girls reach peak growth spurts around age 12 and boys around age 14. *Hormonal differences in males and females cause body composition changes in adolescence, changes which are out of the athlete’s control but which may impact performance (positively and negatively).

Recommendation: Understand gender differences and make sure your child understands the basics of the developmental process. Allow time for young athletes to get comfortable (physically and emotionally) with their changed bodies. Adaptation to the growth changes lags behind so expect it to take some time for the athlete to be able to take advantage of changes.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 No practice Jedi, Group 1, 2, &3	19	20	21	22 FAST Winter Invite	23 FAST Winter Invite
24 FAST Winter Invite	25	26	27	28	29	30

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.

**FAST Winter Invitational
January 22-24 - St. Louis, MO
Sign-up Deadline - December 28**

**Gator Great Times Meet
February 5-7 - Cape Girardeau,
MO Sign-up Deadline - January 4**

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

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