



February 1, 2010

Saluki Swim Club

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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

There will be No Practice on Saturday, Feb. 6. Look for possible practice changes Thursday, Feb. 11 - Saturday, Feb. 13

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.

"When the earth floods from global warming, the swimmers will rule the world."

~Author Unknown



Building a Culture of Achievement

Update #190

Registration for the Next Swim School Session Opens Monday, Feb. 1

The next session of swim school will begin the week of Monday, Feb. 15. Registration for this session will open on Monday, Feb. 1. To sign-up, visit the team website www.swimsaluki.com under the swim school section.

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 Puliam (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!

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

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

Notes From Coach Jay Newton

As February, the shortest month of the year, begins, our busy swimming schedule is put into overdrive. This weekend is the Gator Great Times Meet. The next weekend will offer a great opportunity to watch the SIU Women's team compete in the Missouri Valley Conference Championship Meet. I would encourage you to watch some of this high level college swim competition being held at the SIU Rec Center Feb. 11-13. The following weekend (Feb. 20) will be the IHSA boys' high school Sectional Meet. Finally, the last weekend of the month is the Ozark Championship Meet in St. Peters, MO. February will fly by! And just as a reminder... we will take our spring break beginning Friday, March 5. We will return to begin the Spring Session on Monday, March 15. Spring session sign-ups will begin Monday, Feb. 15, so don't forget to sign up on the website. Good Luck in all the upcoming meets! Finish the season strong! ~ Coach Jay Newton

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.

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 Compete in 2010 FAST Winter Invitational

Last weekend 23 Saluki Swim Club swimmers competed in a field of over 600 swimmers at the FAST Winter Invitational in St. Louis, MO. During the three day competition, Saluki swimmers achieve 101 lifetime best times which accounted for best times in 61% of their races. Altogether Saluki swimmers achieved 37 B, 42 BB, 16 A, 13 AA, and 16 AAA times. Also thirteen Saluki swimmers (Elizabeth Bell, Stephen Cohen, Camille Davis, Ryan Hall, Jared King, Ashlee Kuan, Cameron Kuan, Caseton Luthy, Darlene Sao, Austyn Sigler, Jacob Stone, Kelsie Walker, and Kyle Walker) achieved 60 Ozark qualifying times in the meet. Elizabeth Bell, Stephen Cohen, Camille Davis and Kelsie Walker also swam times fast enough to qualify for the Sectional Championships in 12 races.

Swimmers who scored in individual events included: Cody Bailey – 13 – 14th in the 200 fly; Elizabeth Bell – 18 - 1st in the 100 breast, 200 IM, 50 and 100 free, 2nd in the 200 free, 3rd in the 400 IM and 500 free, and 4th in the 200 fly; Stephen Cohen – 18 – 3rd in the 100 breast, 5th in the 50 free and 200 breast, 9th in the 100 free, 10th in the 100 fly, and 14th in the 200 IM; Camille Davis – 16 – 1st in the 100 back, 3rd in the 200 back, 7th in the 100 free, 8th in the 200 free, 9th in the 100 fly, 11th in the 500 free, and 12th in the 50 free; Ryan Hall – 15 – 15th in the 200 fly; Sarah Hall – 18 – 10th in the 200 fly and 14th in the 100 fly; Jared King – 17 – 16th in the 100 and 200 breast; Ashlee Kuan – 13- 8th in the 100 back, 10th in the 200 fly, 13th in the 100 breast, 15th in the 200 breast, and 16th in the 200 back and 400 IM; Cameron Kuan – 10 – 6th in the 100 IM, 8th in the 200 IM, 9th in the 100 back and 100 free, 12th in the 50 breast, 15th in the 50 fly, and 16th in the 100 breast; Darlene Sao – 16 – 7th in the 200 breast, 10th in the 400 IM, 100 and 500 free, 13th in the 50 free and 100 breast, and 14th in the 200 IM and 200 free; Austyn Sigler – 16 – 8th in the 200 breast, 10th in the 100 breast, 15th in the 100 fly, and 16th in the 200 back; Jacob Stone – 12 – 1st in the 100 IM, 50 breast, 100 breast, 50 free, and 500 free, 2nd in the 200 IM, 100 and 200 free, and 5th in the 50 back; Kelsie Walker – 13 – 1st in the 200 free and 200 fly, 2nd in the 500 free and 100 fly, 3rd in the 200 IM and 100 free, 7th in the 200 breast, and 9th in the 50 free; Kyle Walker – 16 – 12th in the 200 back.

Saluki Swim Club swimmers will be competing again in two weeks at the Gator’s Great Times Meet in Cape Girardeau, MO. This will be the last meet before the championship meets. Ozark Championship qualified swimmers will compete in the Ozark Championships in St. Peters, MO Feb. 26-28. Sectional Championship qualified swimmers will compete in the Sectional Championships in Oklahoma City, OK March 4-7.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5 Gator Great Times Invite	6 Gator Great Times Invite NO Practice
7 Gator Great Times Invite	8	9	10	11	12	13