



March 29, 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

No practice on Saturday, April 3

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.

“To be successful, you must decide exactly what you want to accomplish, then resolve to pay the price to get it.”

Bunker Hunt



Building a Culture of Achievement

Update #193

Spring and Summer Meet Sign-ups!

The Spring and Summer Meet Calendar is posted on the website on the Calendar page. Just a reminder that if you want to attend a meet, you must sign up by the deadline. In order to sign up, just fill out the form on the calendar page and select the meet you want to attend. After 24 hours, check the meet sign up page (click on the meet name) to make sure your name is listed on the to be entered list. After the meet sign up deadline, a detailed entry with events for each swimmer entered will be listed on the meet page. Please pay attention to the sign up deadlines. Any meet that is not a home meet, will have strict deadlines and there will be no late entries. Our home meets have a little more flexibility, but signing up on time really helps us! So look ahead on your calendar and sign-up for the meets early!

Announcements

Upcoming Meets:

The Meet calendar for the 2010 Long Course 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!

Saluki Intersquad Meet - April 17 - sign up deadline 4/10

MTAC LC Invitational - April 23-25 sign up deadline 4/6

Gator LC Kick off - April 30 - May 2 sign-up deadline 4/3

Shoulder Injury Prevention and Screening

Todd Vaughn of Novacare Rehabilitation Center of Carbondale has offered to do a free screening for the swimmers on our team. The screening tool he is using has been very successful in the Cincinnati region, identifying swimmers who have scapulohumeral imbalances and are at risk for developing shoulder pathologies. For those that are at risk or are currently having pain, the program is designed to keep swimmers in the water. This is a great opportunity for our athletes. In order for your swimmer to participate in this screening, they will need a signed permission slip. The exact date of the screening and the availability of permission slips will be posted on the web in the next week or so. If you have any questions, I will be happy to get you more information.

Saluki International May 21-23 sign up deadline 4/16

GPAC Tom Lalor Invite (FL trip 13 and older) June 11-13

PKWY Summer Sizzler - June 11-13

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 Intersquad Long Course Meet April 17 - Carbondale, IL
sign up deadline 4/10

MTAC Long Course Invitational
April 23-25 - Collierville, TN
Sign-up deadline 4/6

Gator Long Course Kick off
April 30 - May 2 - Cape Girardeau, MO
Sign-up deadline 4/3

Saluki International
May 21-23 - Carbondale, IL
Sign up deadline 4/16

GPAC Tom Lalor Invitational -
Florida Team trip 13 and older only.
June 11-13 - Pensacola, FL
Sign up deadline TBA

Parkway Summer Sizzler
June 11-13 - St Louis, MO
Sign up deadline TBA

CSP Summer Invitational
June 25-27 - St. Louis, MO
sign up deadline 5/4

Speedo Central Section 8 Championships

July 15-18 - Columbia, MO Qualifiers only
sign up deadline TBA

Ozark LC Championship

July 30 - August 1 - Carbondale, IL
Qualifiers only - Sign up deadline TBA

Saluki Intersquad Meet and Parent Education Day - Saturday, April 17

On Saturday, April 17 we will host a short Intersquad meet at the Rec Center. This will be an unofficial meet with no fees. We are excited about the opportunity to see all our swimmers race in fun meet setting. Specific warm up times will be listed on the website in the near future. The meet will be over by 12 noon. The meet will be a long course meet which means that we will compete in 50 meter events. In order to swim 50 meter events, we will swim the length of the Rec Center pool. This is the same format as our May meet - Saluki International. We will run 50 of each stroke for 8&u, 9-10, and 11-12 swimmers and a 100 of each stroke for 13-14, and 15 & older swimmers.

This meet will also double as our parent education day for the Spring session. The Saluki Intersquad Meet will offer all Saluki parents the opportunity to learn about everything it takes to run a meet. It will be a great opportunity to learn about how the electronic timing equipment works and to try out a new job. This meet will NOT be an opportunity to earn parent worker credits. There are no fees for this meet and the Coaching staff strongly encourages every swimmer and family to attend this great learn/racing opportunity. Jedi swimmers should talk with Coach Natalie about participating in this meet.

I hope to see you all there on Saturday, April 17!

-Coach Jay Newton

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3 NO Practice Gator Meet signup deadline
4	5	6 MTAC Meet sign up deadline	7	8	9	10 Saluki Intersquad Meet sign up dead- line