



# Welcome to Update 200!

## Welcome to New Swimmers and Returning Swimmers

A quick note about the Saluki Email list: You are not automatically added to the email list. You must request to be added (the response box is at the bottom right hand corner of the homepage on the website). We do this so that people do not receive unwanted emails. Email is one of the main ways we communicate. If you are not receiving regular emails, then you need to sign up for the mailing list. We also communicate through the website, postings at the pool, and the Saluki HQ phone message – 457-1103.

## Two Other Quick Reminders

Please be at the pool (or pool parking lot) at the scheduled end time of your swimmers practice. It is important for the safety of your swimmer and for the safety of all swimmers that they are picked up on time. Please do not be late picking up your swimmers. During practices, Coaches must devote their full attention to the swimmers in the pool. At the end of the last practice, Coaches need to be able to return home in a timely fashion. Thank you for your help in this matter!

When attending practices at the Rec Center, swimmers should let the worker at the desk know they are a part of Saluki Swim Club and give their name if asked. Parents are never allowed through the gates at the lower level (unless they have their own Rec Center membership). This policy is for the safety of all Rec Center patrons. Please abide by these facility rules.

## The 2010-2011 Short Course Season Meet Calendar:

### HOW TO SIGN UP FOR A MEET

The 2010-2011 Short Course Season Meet Calendar is posted on the website on the Calendar page. This upcoming season will have some changes to the calendar and some changes to the Ozark Championship Meet schedule. There is an explanation and recommendation for which groups should attend the meet below each meet. Below each meet is a link for the meet information. The meet information will be posted as soon as it is published. The meet information has a lot of information regarding the meet. You should look for the location, dates, and times (for each age group – typically 12 and younger swim in the morning and 13 and older in the afternoon but it could be opposite).

How to sign up for a swim meet! Signing up for a swim meet is very easy. All you have to do is go to the website on the Calendar page. To the right of the meet schedule is a response box. You need to enter your swimmer's name and select a meet from the box below. Once you hit RESPOND, an email will be sent to Coach Jay and you will be added to the entry list. If you click the name of the meet, you will be sent to a page that lists all swimmers who have requested to be entered in the meet. After the

entry deadline, this same page will list the events for each swimmer. Please remember that you are not required to swim in meets, but we encourage swimmers to attend meets so that they can see the results of their hard work in practice. **Please pay careful attention to meet sign up deadlines. If you miss the deadline, you will most likely not be able to attend the meet! I would encourage you to look at the season schedule, select and sign up for meets early! Paducah Meet Sept. 24-26 – sign up deadline 9/6!**

### **Parent Worker Requirement Charge**

On your September 15 statement, each family will have a \$30 charge in your escrow account for Parent Worker Requirement. This charge is a part of the Fall and Spring sessions. Every family is charged this fee whether you choose to attend meets or not. You can earn your \$30 back by working in one of our 2 large meets during the fall session. Your account will be credited \$10 for each session you work at the meet. The qualifying meets for the Fall session include the Ozark A Championships in November and the Saluki Merry Swim Meet in December. So if you work 3 sessions, you can earn the \$30 back!

### **Saluki Swim Club is Excited to Introduce New Additions to Our Coaching Staff!**

Saluki Swim Club is excited to introduce Eileen Walker and Jason Sigler as new additions to the Saluki Swim Club Staff. Eileen Walker has been involved with competitive swimming for the last 35 years. Eileen was a highly decorated age group swimmer, a senior national qualifier, and NCAA All American at Texas A&M. Eileen had been an active member of the Saluki Swim Club family and a still competes as a member of the Saluki Masters Swim Club. Eileen is married to SIU Swimming Head Coach Rick Walker. Eileen will be the Head Age Group Coach and will coach Groups 2 and 3.

Jason Sigler grew up swimming for Saluki Swim Club and still holds several team records. Jason continued his swimming career as a valuable member of the SIU Swimming Team. Jason is a graduate of Carterville High School and SIU and currently working TH(i)NQ Ed, a software technology company in Carbondale. Jason will be the Senior Assistant Coach and will coach Group 4 with Head Coach Jay Newton.

Josh Smothers comes to us from HEAT Swim Club in Champaign, IL where he coached for the last 4 years. Josh grew up swimming for Storm Aquatics and Centennial High School. Josh is a graduate of University of Illinois at Champaign-Urbana. Josh is beginning his first year of SIU Medical School this fall. Josh will be the assistant coach at Pulliam and help Coach Eileen and Coach Natalie.

#### **CALENDAR**

M 30	T 31	W 1	TH 2	F 3	S 4 Practice begins at noon	SU 5
M 6 No Practice Deadline to sign up for Paducah Meet	T 7	W 8	TH 9	F 10	S 11	SU 12