



November 10, 2008

Saluki Swim Club

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Practice changes

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

“Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results. - Anonymous



Building a Culture of Achievement

Update #164

Saluki Swim Club Welcomes New Coaches

Fall of 2008 marks a season of change for the Saluki Swim Club. After many years of service and devotion to Saluki, Coaches Bill Price and Gustavo Leal moved on to pursue other jobs. Both Coaches have had a tremendous impact on Saluki Swim Club and the many swimmers who have trained under their guidance. While it is always hard to say goodbye, the swimmers and Saluki Swim Club wish their former Coaches the best of luck in their new adventures.

2008 also marks the addition of two new Coaches to lead Saluki. Coach Chris Gally joins Saluki after coaching with the Army swimming coaching staff. Chris swam for SIU and was an outstanding swimmer. In fact if you look up on the record board at the Rec Center, you will still find Chris's name. Chris also spent time as an assistant Coach for SIU. Coach Chris is the coach for Groups 2 and 3. Head Coach Jay Newton joins the Saluki Coaching staff from Sevier County, TN. In Tennessee, Jay was the Head Coach for Sevier Aquatic Club and Sevier County High School. In college, Jay swam for Yale University.

Announcements

The Paducah Swim Fest Meet (Jan. 2-4) has been added to the schedule.

The meet information for the Paducah Swim Fest is posted on the website. The meet will be held at the Murray State facility. The dance and social events will be offered as in previous years.

We Need Your Help For the Carbondale 500

It is almost time for the Carbondale 500. The entries are in and the 2008 meet is going to be a great one. We have a number of teams and swimmers attending at our house (Pool). Now all we need is your help! There is a link on the Saluki

Both Coaches are very excited about the season and the opportunity to work with the Saluki Swim Club athletes. Coaches Jay and Chris hope to use their experience and swimming knowledge to help each swimmer reach their goals and full potential.

USA Swimming and Ozark Ban Tech Suits for Age Group Swimmers

At the 2008 convention, USA Swimming voted to ban certain high tech suits for swimmers ages 12 and under. In the Fall 2008 Ozark LSC meeting, Ozark Coaches voted to enforce the USA Swimming rule on Tech suits for 12 and under swimmers immediately. This rule states:

1. Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.
2. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
3. The Referee shall have authority to bar offenders from the competition until they comply with the rule

website where you can sign-up and help us fill in all those positions. Please help us make this meet a great success for our swimmers and all competitors. If you can sign-up in advance, it really helps the parents and coaches that organize this meet. So sign-up today!

Update the Saluki Swim Club Email List

We are trying to update/rebuild the Saluki Swim Club email list. If you are not receiving email updates and would like to, please subscribe on the website today.

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:

Swim Your Own Age - 12/3
Paducah Swim Fest - TBA

Carbondale 500

Saluki's big Fall event. 500 athletes from all over the Midwest will be in Carbondale for this annual speed fest.

November 21-23: Shea Natatorium

H₂O Invitational

Prelim/Final competition to finish up the Fall session.

December 5-7: St. Peter's, MO

Swim Your Own Age

It's back! This event was so popular last year that it just had to be on the schedule again in 2008!

December 13: Shea Natatorium

New Athlete Evaluations

New athletes wishing to join the Racing Team for the Winter 2009 session are invited to Pulliam pool at 6:00 p.m.

December 15: Pulliam pool

Paducah Swim Fest

The information for the Paducah Swim Fest is on the website. The meet will be held at the Murray State facility due to renovations at the Executive Inn.

January 2-5

Winter Invitational

This new meet on our calendar this year will be held at Lindbergh pool.

Coaches Look Forward to Upcoming Competitions

The time has come. The season is full swing. The swimmers have come to practice and have worked hard. They have worked on all the details, the turns, and the starts. Now, it is time to race. We have several big meets coming up in the next month and the Coaching staff is excited about seeing the payoff for all the swimmers' hard work. Swim Meets can be exciting, and they can also be nerve wrecking. Help your swimmer by preparing them to succeed. The following is a list things that can help your swimmer do their best in the upcoming meets:

1. Always eat a good breakfast/lunch. It is important to fuel your swimmer so that they have the energy to perform. It is also important to have healthy snacks for your swimmer, so that they stay fueled for the whole meet.
2. Drink lots of fluids. Water is best, but Gatorade and other sports drinks are also good. A swimmer must stay hydrated in order to perform their best. If you see your swimmer without a water bottle in their hand, get them one.
3. Stay warm. Winter is here and the temperature is dropping. A cold shivering swimmer is a swimmer who is not ready to do their best. Bring lots of towels, so that there is always a dry towel. Also bring shoes, sweats and all other warm clothes. A warm body is a body ready to swim fast.
4. Set goals and come with a positive attitude. Before the start of the meet, help your swimmers establish realistic goal times for each race. The swimmers should come to the meet with a positive attitude and expect to do well. As Parents and Coaches, we can reinforce that positive attitude by encouraging and supporting our swimmers. We can also help the swimmers by getting them to focus on one race at a time and not just that one race that they don't want to swim.
5. Have Fun! Competitions can be nerve wrecking, and the best way for a swimmer to achieve their goals is to have fun. The swimmers have worked hard and meets should be their opportunity to shine and show us what they have learned.

Keep Up With All That Is Happening With Saluki Swim Club

Being involved in the sport of swimming means keeping up with schedules, deadlines, and practice changes. The SwimSaluki.com webpage is a great source of up to date information on all that is happening with the swim club. Try to check the page every couple of days for the latest deadlines and schedule changes. Also remember that you can contact the coaches at their email addresses or you can contact Coach Jay Newton at the Saluki HQ line (457-1103). So list swimsaluki.com as one of your favorites today!

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
16	17	18	19	20	21 Carbondale 500 -No practice all groups	22 Carbondale 500