



**December 22, 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.

Christmas Holiday Schedule is located on the next page.

There will be a Practice scheduling change for the week of Jan. 5-9. During this week all groups (Jedi, 1,2,3, 4) will meet at the Rec Center pool at their normally scheduled times.

*“Act as if it were impossible to fail.”*

*-Dorothea Brande*



*Building a Culture of Achievement*

# **Update #167**

## **Swim Your Own Age Meet Sees Many Personal Best Times for Saluki Swimmers**

The 2008 version of the Swim Your Own Age Meet saw Saluki swimmers excel and improve in most of their swims. In fact we had 132 lifetime best swims. Overall Saluki swimmers improved in 74% of their swims in the meet. Saluki swimmers achieved 29 B times, 21 BB times, 5 A times, and 5 AA times. Also nine Saluki swimmers (Speed Davis, Darren Hale, Trevor Jones, Ashlee Kuan, Jerry Kuhnert, Matthew McAuliffe, Jacob Stone, Emily Stroud, and Kelsie Walker) achieved 26 Ozark Championship qualifying times.

Fourteen different Saluki swimmers won individual events in the meet (\*denotes best times also). The following swimmers won their event for their respective age groups: Jace Brossart\*-10yr old boys 50 breast; Ty Buchmeier\*-8 and under boys 25 fly, 25 back, and 25 free; Simone Corpora\*-13yr old girls 100fly and 100 free; Speed Davis-14yr old girls 100 back; Darren Hale\*-13yr old boys 100 fly, 100 back, and 100 free; Stephanie Jaros\*-14yr old girls 100 breast; LeeAnn Jones\*-14 yr old girls 100 fly and 100 free; Ashlee Kuan\*-12yr old girls 50 breast; Jerry

## **Announcements**

### **Upcoming Meets:**

**\*We have several meets coming up in January and February.**

**\*Make sure to check the website for sign-up deadlines.**

**\*Also after sending your intention to enter the meet, check the website for each meet to ensure your name has been added to the list.**

Kuhnert\*-12yr old boys 50 fly, 50 breast, and 50 free; Matthew McAuliffe\*-11yr old boys 50 fly; Miranda Payne\*-13yr old girls 100 back and 100 breast; Jacob Stone\*-11yr old boys 50 back, 50 breast, and 50 free; Emily Stroud\*-12yr old girls 50 back; and Ean White\*-13yr old girls 100 breast.

Others Saluki swimmers who achieved lifetime best times in the meet included: Bethany Akinduro, Andrew Allen, Aidan Anthony, Cody Bailey, Marlie Bruns, Daniel Burgener, Amelia Coello, Maria Louisa Coello, Sara Coello, Harley Crawshaw, Elizabeth Hensley, Marlo Hughes, Alexis Jones, Kassi Jones, Shelby Jones, Trevor Jones, Faith King, Cameron Kuan, Haley Kuhnert, Marcos Lightfoot, Thomas Lightfoot, Courtney McCroskey, James Medwedeff, Nina Pemberton, Grace Rigney, Eleni Robinson, Maddie Robinson, Hannah Smith, Dylan Stogsdill, Michael Stone, Elizabeth Tang, and Kelsie Walker.

## **Practice Schedule Change for the Week of January 5-9, 2009**

For the week of January 5-9, all groups will have practice at the Rec Center pool. Practices will be held at normal times. All swimmers should check in at the information desk before going down to the pool deck. Normal schedule resumes on Monday, January 12.

**A Huge Thank You To All Parents and Volunteers Who Helped at the Swim Your Own Age Meet**

### **Bead Your Best Time**

In the next couple of weeks, each swimmer on the racing team will receive a personalized bead holder for their swim bag. They will also receive an instructional sheet explaining the Bead Your Best Time program. Basically, each swimmer will receive a specific colored (determined by stroke) bead for each best time they achieve. the beads can be displayed on the swim bag. © 2008 Saluki Swim Club, Inc.

## 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:**

Great Times Meet - 12/22  
 Winter Invitational - 12/29

### 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.

**January 23-25: St. Louis, MO**

### Great Times

Always popular with Saluki. This meet is the last full blown opportunity for athletes to get their Ozark qualifying times.

**February 6-8: Cape Girardeau, MO**

### Tri-State Championship

.This is a small one session meet with a few of teams from Illinois, Missouri, and Kentucky.

**February 15: At Shea Natatorium**

### Ozark Championship

This is the big competition of the 2008-09 short course season. Qualifying times are required.

**27 Feb-01 Mar: St. Peter's, MO**

### Sectional Championships

This meet is offered for swimmers who meet the qualifying times.

**March 5-8: Oklahoma City, OK**

## Winter Session Sign-ups To Close Dec. 31!

The Fall session is at its end and the Winter session is about to start, so it is time to dot the i's and cross the t's. If you intend to swim in the Winter session, please register on the webpage. Once you have registered, check on the web page to make sure your registration has been received. Also remember that your account has been paid in full before you can register for the Winter session. Finally, please check your family information listed on your monthly statement. If there are any errors please indicate changes on the statement when you mail in your payment or email me at coach@salukiswim.com.

# Have a Merry Christmas!

### Christmas Holiday Schedule:

Monday, Dec. 22 noon-2PM  
 Tuesday, Dec. 23 noon-2PM  
 Monday, Dec. 29 noon-2PM  
 Tuesday, Dec. 30 noon-2PM  
 Wednesday, Dec. 31 noon-2PM

All practices are held at Life Community Center Pool 2500 W. Sunset Dr. Carbondale, IL.

Group 1 and 2: noon-1  
 Group 3: 12:30-2  
 Group 4: noon-2

### A Special Note From Coach Jay Newton:

I just wanted to take a minute to wish all Saluki Swim Club swimmers and families a Merry Christmas and a safe and Happy New Year! I am very happy and blessed

to be coaching Saluki Swim Club. I have really enjoyed getting to know all of you over the last few months and I am very excited about our future. Thank you for all your hard work and dedication. And thank you for making Stephanie and I feel welcome here in Southern Illinois!

## 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> No Practice	<b>25</b> Merry Christmas! No Practice	<b>26</b> No Practice	<b>27</b> No Practice
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> No Practice	<b>2</b> Paducah Swimfest Meet No Practice	<b>3</b> No Practice