



January 19, 2009

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.

No Practice on Saturday 1/24 and Saturday 1/31.

There will some practice changes Feb. 11-14 due to the Missouri Valley Conference Swim Meet at the Rec Center.

“There’s a difference between interest and commitment. When you’re interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses; only results.”

- Kenneth Blanchard



Building a Culture of Achievement

Update #169

Important Schedule Change - Monday, Jan. 19

Swim School, Jedi, Group 1, 2, 3 will NOT have Practice on Monday, January 19 due to Pulliam being closed. Sorry for the inconvenience, notice of the closure was received on Sunday evening and confirmed Monday morning.

Paducah Swimfest Team Results

Eighteen Saluki Swim Club Swimmers competed in the 2009 Paducah Swimfest on Jan. 2-4. Overall Saluki swimmers had 86 best time swims accounting for improvement in 56% of all races for the weekend. All together Saluki swimmers achieved 1 AAA, 1 AA, 17 A, 26 BB, and 34 B times.

Saluki Swimmers who scored by finishing in the top 6 of their age group included: Simone Corpora - 5th in the 200 breast; Ashlee Kuan - 3rd in the 50 and 100 breast, 5th in the 100 IM, 100 back, and 100 fly, 6th in the 50 back; Jacob Stone - 3rd in the 200 free and 100 breast, 4th in the 100 IM, 50 breast, 50 and 100 free, and 5th in the 50 and 100 back; Michael Stone - 4th in the 200 IM and 100 fly, 5th in the 100 back and 100 free, and 6th in the 50 free and 200 free;

Emily Stroud - 5th in the 50 back, 50, 100 and 200 free, and 6th in the 50 fly; Kelsie Walker - 2nd in the 200 free, 3rd in the 100 IM, 4th in the 50 and 100 free and 50 and 100 fly, 5th in the 100 breast, and 6th in the 50 breast and 100 back; Kyle Walker - 6th in the 200 back.

Other Saluki Swimmers who achieve lifetime best times in the meet included: Ryan Hall, Sarah Hall, Kristie Huff, Brett Jackson, Alexis Jones, Shelby Jones, Faith King, Jared King, Cameron Kuan, Elizabeth Tang, and Tyler Underwood.

The 11-12 girls relay team of Emily Stroud, Ashlee Kuan, Kelsie Walker, and Shelby Jones finished 3rd in the 200 medley relay and 4th in the 200 free relay. The Senior boys relay team of Michael Stone, Jared King, Brett Jackson, and Kyle Walker finished 3rd in the 200 free relay and 5th in the 200 medley relay.

Spring Evaluation Set for Monday, Feb. 23

The Evaluation for the Spring Session will be held on Monday, Feb. 23 at 6:00 pm at Pulliam Hall Pool. Any swimmer who is interested in Saluki Swim Club should reserve a spot for the evaluation by emailing Coach Jay Newton at coach@swimsaluki.com.

Announcements

Upcoming Meets:

January 23-25 Winter Invitational at Lindbergh High School Pool in St. Louis, MO.

February 6-8 Great Times Invitational in Cape Girardeau, MO.

February 15 Tri-State Championship in Carbondale, IL **Sign-up Deadline 1/27.**

February 27-March 1 Ozark Championships in St. Peters, MO.

A Quick Note About Meet Entries

Swim Meets in our area have a tendency to fill up very quickly. In fact, most teams have a date where they start accepting entries. Most of the time the meet fills up before 10:00am (and not by the entry deadline). With this in mind, please pay attention to the team deadlines to sign-up for meets. This deadline is set by our coaching staff so that we can take care of our paperwork and send in the meet entry in time for our team to be in the meet.

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:

Tri-State Championships 1/27

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: Carbondale, IL 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

Coaches Corner

by Coach Jay Newton

January and February are a very busy time in the swimming season. We have a lot of meets out of town along with practice and preparation. Please make sure to check the website each week for any schedule changes. The Competitive swim season is a long season full of different chapters. From the early season to the end of each season, we (your coaches) highlight different areas of focus. In the beginning, we focus heavily on technique and stroke work. In the middle, of the season technique takes a back seat to training. But now as the season ends, it is back to focusing on the details: starts, turns and technique. I always try to remind swimmers that there are two ways to improve. You can spend many hours and hours working hard or you can do the technique and every detail correctly. Obviously, one way is easier than the other. Truthfully, you need to do both of these things to reach your full potential. But if you are working hard and not seeing the results you hoped for, you may need to focus more on the details. Work smarter, not just harder!

As we look ahead, I am very excited about our last few meets, especially the Tri-State Meet here in Carbondale. This will be a great way for some swimmers to finish their season and a great opportunity for some swimmers to extend their season by making Ozark time standards. I think we will see a lot of swimmers make Ozark times at this meet.

Looking ahead a little further, we will be back to for the Spring Session. The Spring session is a very important session for the development of our swimmers. It is a great time for us, as coaches, to spend a lot of time on the technique of our swimmers. I know that a lot of our swimmers participate in Summer League. The Spring session is a great time to fine tune in preparation for Summer league. In fact, the Spring session is great preparation for all summer league swimmers. If you know of other families who participate in Summer League, I would encourage you to invite them to join us for the Spring session. If you know any interested families, have them contact me at coach@swimsaluki.com to reserve a spot in the Spring Evaluation. Remember our best publicity, word of mouth from our Saluki Swim Families!

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19 Swim School, Jedi, Group 1,2,3 NO Practice	20	21	22	23 Group 4: 6pm- 7:30 at Pulliam	24 No Practice
25	26	27	28	29	30	31 No Practice