



Saluki Swim Club

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NET RESOURCES

Saluki Swim Club Online
www.swimsaluki.com

USA Swimming
www.usa-swimming.org

Ozark Swimming
www.ozarkswimming.org

Annual General Meeting

The annual general meeting (AGM) of the Saluki Swim Club will be held on:

Saturday, 16 September
10:30a

Upstairs at the SRC

All parents are encouraged to attend.

GET THIS LETTER BY EMAIL

To receive this letter as an email attachment go to SwimSaluki.com and register. Future newsletters will show up in your email inbox as an attachment to an email message. It will be in PDF format meaning that *Adobe Acrobat Reader* is required to actually open and print the file.

The official journal of the Saluki Swim Club

salu.89

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New parents meeting open to anyone interested in learning more about Saluki Swim Club

Tell your friends—tell your neighbors! The Saluki New Parents Meeting will be held on Wednesday, 20 September at 5:45p in Pulliam Hall. Although the meeting discusses many of the burning questions that new families might have about the club it is also a great introduction to what the club is all about and how it operates. Because of this anyone is invited to attend, old as well as new parents.

Also since this is an Olympic year and since the meeting is cleverly being held after the swimming events have been completed there may be families who are thinking about joining the club who may find the meeting informative.

Why is this meeting important?

For new families joining Saluki for the first time their only experience with competitive swimming is probably through summer league activity. Saluki is a comprehensive instructional, training and competitive program that operates on a year round schedule. As such it is different in many ways from summer league programs. Some of these ways are obvious, others are subtle but it will make the Saluki experience better for everyone if they get an overview of how the club works.

Meet the new coach

Another reason veteran families may want to attend the meeting is to meet the new head coach, Bill Price. Price has coached Saluki before and he will be discussing how the program will be organized in the coming months. New parents won't know the difference but older members may want to drop in to hear what he has to say.

Watch the mysteries of registering for meets revealed before your eyes!

Instead of just reading about how to get your child signed up for a meet why not come to the new parent meeting and get the scoop straight from the horses mouth?

This and other spellbinding feats will be performed at this years new parent meeting. Be there!

NEW PARENTS MEETING

Wednesday
20 September

5:45p
Pulliam pool

Every question you can think of will be answered and probably a lot more!

Practice changes

These are the practice changes that we know about in the weeks ahead:

- All Tuesday practices at Pulliam will end at 7:00p until further notice.
- Saturday practices at the SRC pool for Senior, Junior and Age Group squads will begin on 9 September. **The Jedi groups do not meet on Saturday.** These practices will run from 10:00-11:30a. Swimmers in Age Group 1 and 2 must get to the lower door of the SRC building by 10:00a or they will not have any way to get into the building. Parents are invited to observe practice from the upper level of the SRC in climate controlled comfort.
- At Pulliam pool the regular observation day is Wednesday. Parents are also invited to observe practices during the first full practice week of each month.

Check out the Ozark Swimming website

If you're interested in what's going on in Ozark Swimming you can visit their website at www.ozarkswimming.org. This site has all the information that is currently available—if it isn't there then no one has it yet.

Up to now Ozark had been maintaining two sites however recently they decided to drop the .com site and only keep using the .org. So if you've been visiting the ozarkswimming.com site change over to the .org as this site is the one that will continue to be updated with new information.

Turn in registration sheets

There are some swimmers who are practicing but have still not turned in a registration sheet for the 2000-01 season. The club needs these sheets to properly register athletes for 2001.

Billing notes

Billing for the fall season will take place in the first or second week of September. Prompt payment of all club obligations is appreciated. All questions regarding bills or escrow charges should be directed to Todd Sigler at 985-6309.

Meet sign-up sheets

Included with this edition of the newsletter is a meet registration sheet listing meets that we hope to be attending during the short course season. Checking off the meets you want your child entered in and returning the sheet to the coaches in a timely manner is one way of registering for meets.

Newsletter naming contest

This newsletter has gone through several names. In the early 1990s it was called *Saluki Shorts*. Then it became the *Chronicle*. Now it's undergoing another name change. Any swimmer who has a good idea for what we can call the newsletter please give it to one of the coaches or email Coach Price.

Best times list included in this letter

In addition to the meet sign up sheet we have also included a best times list for each swimmer currently registered with the club. Please look this list over. If you find times that are incorrect please let one of the coaches know so that we can make corrections. These are the times that are used to enter competitions and, in some circumstances, qualify for championship meets. This data is very important to meet operations and the swimmers deserve to have proper information on file.

Coaching changes at Pulliam

On Wednesdays Coach Price will be coaching at Pulliam and Coach Leal will conduct the SRC practices. This switch will begin on 13 September.

Practice notes:

All parents should know which group their child is in. Saluki currently has 6 practice groups: Jedi 1 & 2, Age Group 1 & 2, Junior and Senior.

SRC groups: Swimmers at the SRC are in the Junior and Senior groups. For practice swimmers need a water bottle, a kick board and other items such as a spare cap or pair of goggles. These items need to be on deck, within reach, during the workout. We encourage swimmers to get a pair of Zoomers. Equipment that is left in the locker room will stay there once workout has started.

Our training focus during September is on technique review and general conditioning with lots of kicking. Two kick sets that will be tracked regularly are a timed 300 freestyle and 6 x 50 on 2:00, one set free and one set prime.

Pulliam groups: Swimmers at Pulliam are in the Jedi 1 & 2 and Age Group 1 & 2 squads. Those in Age Group 1 and 2 need to purchase some type of fins for use during workouts.

Every week there is an award for the best attendance and the best/hardest worker for the week. No one wins the award more than once per month. Parents should be ready to stop at DQ after practice.

Meet registration

Included with this newsletter is a meet sign-up sheet for meets that we will be attending this season. The list is as complete as it can be at this time although there are usually changes in some meets as the season progresses. You can use the sheet to register children for meets.

In addition to the meet sign up sheet there are two other ways to register for meets:

1. Sign up on the internet at www.swimsaluki.com. You can register for any meet on our calendar at our new website. Once you register you will receive a confirming email from Saluki HQ.
2. Call Saluki HQ (618-457-1103) and tell us to enter your child in a particular meet.

Deadlines

The deadlines on the meet registration sheet and on the website are approximate dates only. Since we have no way of knowing when we will receive meet information, the deadlines are rarely accurate. If we received info a month ahead of our deadline for a meet that fills rapidly there is no way we could hang on to the entry and still hope to get into the meet. On the other hand sometimes we receive meet info *after* our own deadline. The best practice is to always register even if it's past a deadline. If you're actually too late we'll let you know but you lose nothing by taking a chance.

Escrow charges

Once our entry and fees are sent to a meet host each family's escrow account is charged the appropriate amount. These fees are nonrefundable. Whether a swimmer *actually goes* to a meet or not is not the issue. The event that causes the money to be withdrawn from the escrow account is entering the meet not going to the meet. So if you sign up for a meet but don't go you still owe the fees for the meet.

September 2000

Check the expanded calendar at
www.swimsaluki.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day No Practice	5	6	7	8	9 Age Group 1 Age Group 2 Junior Senior 10:00-11:30a SRC Pool
10	11	12	13	14 Deadline for NAC Open registration.	15	16 Practice for all groups Annual General Meeting 10:30a SRC Alumni Lounge
Parent Observation Week at Pulliam						
17	18	19	20 New parent meeting 5:45p, Pulliam	21	22	23 Age Group 1 Age Group 2 Junior Senior 10:00-11:30a SRC Pool
24	25	26	27	28	29	30 Age Group 1 Age Group 2 Junior Senior 10:00-11:30a SRC Pool

Rufus T Firefly

And the beat goes on...All right, I'm back!..who would have guessed?...How 'bout that newsletter naming contest?...word on the street is that **Kaitlin Adams** and **Audrey Burzynski** have already turned in a few suggestions...check out the list we have so far on the new Saluki website, swimsaluki.com...By the time the October edition of the newsletter hits the streets we should have a new name...I'm getting my suggestions in as soon as I can...If you listen to a few of the Senior groupers you would think that a 200 fly pushes the envelope of human endurance...If you think 200 yards of fly at practice is hard check with **Jason Sigler** and ask him what 200 metres of it is like...Coach Price is already seeing results from a massive kicking regimen over at the SRC...swimmers should check out the test set results on the back of the chalk board to see where they stand in the Saluki Bare-foot 300 and the 6 x 50 kick @ 2:00...**Eric**

...and
another
thing...

Vendt is the first U.S. swimmer to crack the 15 minute mark in the 1500...who will be the second?...right now it looks like **Alex Halbrook** wants to give it a try...Happy birthday to Natalie MClean...she's dancin' with the big boys now in the 13-14 age group and, surprisingly enough she's the only Saluki born in September...paperwork, paperwork...some of it is included with this letter...get those meet registration forms back to the coaches *tout de suite* (a little French lingo there) if you're planning on heading to the Nashville meet...that's Nashville, *Tennessee* not Illinois as one of our geographically challenged swimmers wondered (name withheld on request)...while lurking about the SRC last Saturday morning I noticed about a dozen Saluki churning out some fly sets...where was the rest of the team?...A practice where we have the SRC pool to ourselves; how can anyone *not* show up!..More when I get back from Sydney.

important dates

Annual General Meeting

Annual meeting of the membership of the Saluki Swim Club. Upstairs at the SRC, 10:30a.

16 September, SRC

New Parent Meeting

Get a solid overview of what Saluki is and how the club operates. Pulliam Hall, 5:45p

20 September, Pulliam Hall

NAC Open

Good meet for all swimmers. **Deadline to register is 14 September.**

13-15 October, Nashville, TN

Ozark Swimming

Bimonthly meeting. 7:00p, Center of Clayton

17 October, Clayton, MO

Turkey Trot and Carbondale 500

Saluki is hosting this great meet for all swimmers.

17-19 November, Carbondale, IL

Gold Star Invitational

For swimmers with Ozark "gold" qualifying times. Held at the Rec-Plex. **Deadline to register is 16 October.**

01-03 December, St. Peters, MO

Saluki Swim Club

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