

The Tut File

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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

GET THIS LETTER BY EMAIL

Go to www.swimsaluki.com to get this letter sent to you electronically each month.

ALERT!

- The date for the Jasper (IN) Kimballfest meet has been changed to **12-14 January**. Please make a note of this. On the meet registration sheet the date was listed as one week later.
- The deadline to register for the **Winter Division 1 Championship** has been extended to 27 October.

Bill Price

It's not about the suit

For many swim fans the recent Olympic swimming events were the first time they got a good look at the full body suits that may soon be the rage in the swimming world. Constructed of material that is supposed to mimic shark skin, the suits offer a slicker footprint in the water as well as what one manufacturer terms "enhanced stroke mechanics." But the introduction of these suits into the Games was not a sure thing. As close as six weeks before the games the United States was not going to allow use of the suits in its Olympic trials. Questions about adequate availability of the suits was the main reason for banning them. This decision was reversed though after the FINA (the international governing body for swimming) decided to allow use of the suits in Sydney and after USA Swimming was assured by manufacturers that any Olympic trials swimmer who wanted one of the suits could get one. The rest, as they say, is history.

So now the suits are the buzz of our swimming culture. They're already showing up in the dozens of equipment catalogs Saluki HQ receives every month and the price tag on the full body version runs close to \$300. One would think that the cost coupled with the fact that each suit practically has to be custom made would dampen interest in buying one. Time will tell.

Do these suits work? Olympic swimmers wouldn't wear them if they didn't.

Shaving a couple of hundredths of a second from a 50 in the Olympics is a bit different though than thinking that the most expensive innovation in swimming history will spell success at the Ozark Age Group Championships. These are not age group swimming items. Although manufacturers will make them to fit anybody, I sincerely hope common sense will prevail and parents will resist the urge to give in to the technology in hope of acquiring a meaningless edge on the competition. But there will always be those who just don't get it: Sport success cannot be bought. A full body suit would be an awfully expensive way to learn this.

So for what it's worth here's my advice: don't buy one, ever. They are a waste of your money. If your child reaches a level in our sport where one of these suits *might* make a difference someone will *give* him one. Manufacturers hand out free equipment at big championships all the time and this is still the best way to get your hands on fancy and expensive equipment that you really don't need.

As an age group coach I can say with confidence that there are only three things a child must do to be successful in our sport: a) learn good technique, b) work hard and c) know the sport. You will have to buy various equipment occasionally to fulfill these three things but never a \$300 swim suit.

practice changes

- Beginning in October all Saturday practices will run from 10:00-11:45a. Since the SRC doesn't open until 10:00 we're never in the water right on time so we're extending the time for an extra 15 minutes.
- There will be no practice on Thursday, 19 October for SRC groups due to a college women's swimming meet. Come and cheer for the SIU women against Illinois.
- There is no Saturday practice on 14 October because we will be at the Nashville Open.
- Parent observation week at Pulliam this month is from 02-06 October.
- There will be no AM practice on Monday, 16 October.

The Tut File #90

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Board of Directors

Clay Kolar	President	457-4627
	Vice President	
Dave Hvidston	Treasurer	457-2866
Carolyn Reed	Secretary	964-1245
	Meet Director	
Richard Halbrook	SRC Rep	964-1436
Millie Hanson	Pulliam Rep	521-0318
Mike Green	Ozark Rep	988-8727
Bill Price	Head Coach	457-1103

The Saluki Website

SwimSaluki.com has been live for almost a month now and we have received over 2000 visitors. We will be adding more features in time but right now, in it's infant stage, the site offers direct access to a lot of information that had to be delivered through club staff in the past. For those new to the internet this article outlines how the website can be used to streamline the meet entry process.

Meet registration

The one feature that we think will be the most useful to members is the ability to register for meets on-line. Registration though is only part of the process. As any family knows getting a child registered for a meet is the first step. The Saluki entry, directions to the meet site and warm-up times are all important bits of info that members need or would like to have. And, naturally, everyone wants to know what the results of the meet were when we get back. At SwimSaluki.com we are able to provide the entire package.

■ **Step 1.** Go to the calendar page and find meets you want to register for. Each meet has a *status* column on the right side of the screen. The status is either *Register*, *Processing* or *Entered*. When "register" or "processing" are in the status column it means we are still accepting entries and clicking on those words will take you to the meet registration page. If the status is "entered" it means that our entry is already submitted and no further entries are being taken. When the meet is outlined in gray it means that the time to register is dwindling and will soon be over.

■ **Step 2.** Click on "register" or "processing" on the calendar page. This will take you to the meet registration page. Type in the swimmers name and an email address where we can confirm your registration then select the meet you want to enter from the drop down menu. If there is anything else we need to know about the registration such as not being able to attend on one of the days tell us that in an additional note. Click on "register" and your registration is automatically sent to Saluki HQ.

■ **Step 3.** If you need a hotel click on "Travel information" on the top of the meet registration page. Find the city the meet is held in and click on it. If we have information about hotels in that city it will be listed on that page along with driving directions to the pool.

■ **Step 4.** Once our entry is sent the status column on the calendar page is changed to "entered." Clicking on that will display the entire Saluki entry.

■ **Step 5.** Individual results for every Saluki attending the meet will appear in the Archive section of the site.

News Bits

Saluki Exchange

Buy, sell, trade your old Saluki paraphernalia at the new *Saluki Exchange*. The first ever exchange will be held on Saturday, 21 October during practice. Parents should bring any old Saluki stuff they would like to sell or trade upstairs to the Alumni Lounge. Anyone looking for hard to find items may be surprised at what is available. Look for flyers around the practice pools.

Officials Training

The club is always in search of new officials to help conduct meets. There is a complete training program to certify officials in stroke and turn judging, starting and refereeing. Contact Mike Green (988-8727) for more information.

Zoomers for Christmas?

We're encouraging the swimmers to get a pair of Zoomers or Speedo training fins for use during practice. If you can't find them anywhere in town how about adding them to your Christmas list and ordering them through a catalog. They make a great gift idea.

The Coach is in...

Coach Price will be in the Alumni Lounge at the SRC every Saturday after practice for a little while to chat with any parents who come by. This is a good time to ask about your child's progress, appropriate meets etc.

Private lessons

Herman Louw is available for private lessons. Anyone interested should contact Herman and set up a time. His phone number is 529-8177.

SwimSaluki joins Amazon.com associates

If you're looking for interesting books and videos about swimming or youth sports in general then you'll soon be able to browse through a selection at the Saluki website. SwimSaluki.com has joined the Amazon.com Associates program and receives a percentage from sales made by people linking to Amazon from our website. Next time you're shopping for books on-line please link to Amazon from SwimSaluki.com.



Current Practice Schedule

For some odd reason the current practice schedule has never been published except for at the Saluki website. Here it is:

Pulliam Groups		SRC Groups	
Jedi 1:	5:00-5:45p, MTuWThF	Junior:	5:30-7:00p, MTuWThF
Jedi 2:	6:00-6:45p, MTuWThF		10:00-11:45a, Sa
Age Group 1:	5:00-6:00p, MTuWThF	Senior:	4:15-6:00p, MTuWThF
	10:00-11:45a, Sa (SRC)		5:30-7:00a, MWF
Age Group 2:	6:00-7:30p, MWThF		10:00-11:45a, Sa
	6:00-7:00, Tu		
	10:00-11:45a, Sa (SRC)		

Beginning in October: Age Group 1 swimmers may attend practice from 6:00-7:00p or at their regular time from 5:00-6:00p. This is being offered as a convenience to parents of swimmers in this group. Swimmers cannot attend both practice sessions on the same day. **This revision may change in January.** We will keep you informed.

Note: Saturday practices are always held at the Student Recreation Center (SRC) pool. Age group 1 and 2 swimmers must meet early at the lower door (parking lot side) to be let into the building by one of the coaches.

October 2000

Check the expanded calendar at
www.swimsaluki.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Age Group 1 Age Group 2 Junior Senior 10:00-11:45a SRC pool
Parent Observation Week at Pulliam						
8	9	10 Board Meeting 7:00p SRC Alumni Lounge	11	12	13	14 No practice
					NAC Open, Nashville, TN	
15 NAC Open	16 No AM practice Registration deadline for Paducah Swimfest	17 Ozark Meeting 7:00p Clayton, MO	18	19 Women's Swimming SIU vs. Illinois 5:00p No SRC practice	20	21 Saluki Exchange SRC upstairs during practice All Groups 10:00-11:45a
22	23	24	25	26	27 Registration deadline for Winter Division 1 Championship	28 Age Group 1 Age Group 2 Junior Senior 10:00-11:45a SRC pool
29 Daylight savings time ends	30 Annual Halloween party Pulliam pool, 5:30p All groups invited	31				

Rufus T Firefly

important dates

Living at the bottom of an avalanche of human misery this past month were **Nisha Sinah**, who discovered that flip turns are not all they're cracked up to be...**Bob Byars**, who discovered that Zoomers are perhaps the most diabolical training devices ever invented...and **Karina Belache**, for whom breaststroke is a form of cross training... Barefoot 300 times are falling!...check out the latest results at the Saluki website...Speaking of the website I hear that Coach Price was encouraging voter fraud during the newsletter naming vote...“Vote until your mouse breaks?”...come on...this is not the signature of a healthy democracy although I did vote about 70 times myself...The Jedi group, in a recent vote, decided that butterfly was the best stroke...lucky for them their coach, **Gustavo Leal**, invented it...I don't know

...and
another
thing...

if anyone else has noticed it yet but the social event of the season is fast approaching...the annual Saluki Halloween bash will be held this year on 30 October...watch for details to be handed out at practice and get those costumes ready...Quote of the week goes to **Zach Schneider** who, upon seeing one of last week's workouts, moaned “I'm doomed!”...Speaking of being doomed...The senior and junior groups are still recovering from the first shift in training emphasis...“Big Blue,” a set too terrifying to be described here, is still reverberating through the ranks...the Age Group 1 squad continues to grow, according to **Mark Crimando** “It's hard to beat these thrill-packed workouts”...the **Carbondale 500** is coming up soon which means a host of pacing awards are on their way...there's an article in the website archive about pacing...read it!

Saluki Board Meeting

7:00p, SRC Alumni Lounge
10 October, SRC

NAC Open

Good meet for all swimmers. Saluki has 15 swimmers entered.

13-15 October, Nashville, TN

Women's Swimming Meet

Come out and see the SIU women take on Illinois. 5:00p at the SRC. There will be no practice for the SRC groups.

19 October, SRC pool

Turkey Trot and Carbondale 500

Saluki is hosting this great meet for all swimmers. The deadline to register is 04 November.

17-19 November, Carbondale, IL

Winter Division 1 Championship

Originally listed on our meet calendar as the Gold Star Invitational. Prelim/final format. “Gold” qualifying times. Deadline to register is 27 October. Held at the Rec-Plex.

01-03 December, St. Peters, MO

Saluki Swim Club

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Ozark 2000-2001 Time Standards Included