



March 23, 2009

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.

Each month, your statement will be sent out on the 20th. If you have any questions regarding your statement, please call 457-1103 or email coach@swimsaluki.com.

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them - every day begin the task anew.”

Saint Francis de Sales



Building a Culture of Achievement

Update #172

Saluki Swimmers Score Big at Ozark Championships

Seventeen Saluki Swim Club swimmers competed in the 2009 Short Course Ozark Championships in St. Peters, MO. Saluki Swim Club finished 8th out of 14 teams. Twelve year old Kelsie Walker and fourteen year old Braci Dutton each won an individual event in the meet. Saluki Swimmer achieved 2 B times, 18 BB times, 24 A times, 15 AA times, 9 AAA times, and 2 sectional times.

In all ten of the seventeen Saluki swimmers scored in individual events: Fifteen year old Camille Davis finished 5th in the 100 back and 6th in the 200 back; fourteen year old Braci Dutton finished 1st in the 50 free, 2nd in the 100 free, 9th in the 100 fly, 10th in the 200 free, and 15th in the 100 back; thirteen year old Darren Hale finished 12th in the 50 free; twelve year old Ashlee Kuan finished 7th in the 50 and 100 back, 10th in the 50 and 100 breast, 11th in the 100 IM, 12th in the 200 IM, and 15th in the 100 fly; twelve year old Jerry Kuhnert finished 2nd in the 50 and 100 breast, 10th in the 100 free, 12th in the 200 IM, 13th in the 50 free, and 14th in the 50 fly;

fifteen year old Darlene Sao finished 14th in the 50 free; eleven year old Jacob Stone finished 9th in the 50 breast and 12th in the 100 IM, 100 back, 200 and 500 free; twelve year old Emily Stroud finished 3rd in the 50 back, 9th in the 50 free, and 10th in the 100 back; twelve year old Kelsie Walker finished 1st in the 500 free, 2nd in the 100 fly and 100 IM, 5th in the 50 free, 6th in the 50 fly, and 9th in the 100 and 200 free; fifteen year old Kyle Walker finished 8th in the 1000 free.

Bell Leads Saluki's at Sectionals

Three Saluki Swim Club swimmers competed in the Speedo Championship Series Sectional Championships in Oklahoma City, OK. Fourteen year old Braci Dutton, fifteen year old Camille Davis and seventeen year old Elizabeth Bell competed in a field of 48 teams and 450 swimmers. Elizabeth Bell finished 4th in the 100 fly and the 50 free, 5th in the 100 free, and 13th in the 100 breast. Bell's time of 55.57 in the 100 fly qualifies her for the 2009 Summer Junior National Championships in Federal Way, Washington.

Announcements

Upcoming Meets:

All meet sign-ups take place on the team website. Meet information is available for each meet, so check out the event schedule and format. Deadlines for these meets come up quickly so please plan ahead.

Gator Long Course Kick-Off

Meet - May 1-3 - Cape Girardeau
Sign-up Deadline Wed. 4/1.

Saluki International Meet -
May 15-17 - Carbondale, IL
Sign-up Deadline Fri. 4/17

Parkway Summer Sizzler -

June 12-14 - St. Louis, MO
Sign-up Deadline Mon. 4/27

GPAC Lalor Invitational -

June 12-14 - Pensacola, FL
Team Trip for 13 and older -
Sign-up as soon as possible

CSP Summer Invitational -

June 26-28 - St. Louis, MO
Sign-up Deadline Mon. 4/27

Ozark Long Course Championships

July 17-19 - Carbondale, IL

Important Dates

Detailed meet information is available on the Calendar page of the Saluki website.

The Summer Meet Schedule is Posted

The Summer Long Course Meet schedule for 2009 is now posted. The summer meets have a tendency to fill up very quickly. It is very important to keep an eye on the sign-up deadlines for each meet. Most meet deadlines will come in April (even for the June meets). Once the sign-up deadline has passed, the coaches will complete the entries and send them in on the host team's deadline. Any late entries will be at the mercy of the host team. I hope that all of our swimmers will participate in the long course meets. Saluki Swim Club will host the championship meet in July and it would be great to have as many Saluki swimmers in the meet as possible. Also this year's Ozark Championships will be one week before the local summer league championships, so swimmers will be able to swim in both meets!

Change in Group 4 Rec Access

Group 4 swimmers will be giving back their cards in the coming weeks. They will give their names at the desk and be granted access to the Rec. Cards will no longer be issued.

Coming Soon: A Special Event for Saluki Swimmers and Parents

In May, Bob Steele, former SIU Coach and current USA swimming Coach Consultant, will in Carbondale. He has offered to do a presentation for Saluki Swim Club swimmers and parents. This should be a fun opportunity to learn from a coaching legend. Specific details will be coming soon.

Saluki Swim Club Banquet

The Saluki Swim Club banquet will be held at John A Logan on Saturday, April 25. Details on cost and deadline for reservations will be released this week. So make sure to save the date and reserve your spot soon!

Saluki International Meet Will Be Held May 15-17

We will be hosting our Spring meet May 15-17. Each meet we host is very important to our club. These meets are important to our swimmers. They get to race in our home pool and improve their times. The meets also bring in income for our team. This helps us keep our dues low and our team running well. In order to run these meets we need everyone to help. We are lucky to have a great facility, but we have a medium sized team. This means that it is a necessity that every family help us run our meet. Helping at the meet can be very easy. There are many jobs that require no experience. So please plan ahead and plan to work at our meet in May. Thank you for helping us host a great meet!

Please remember to check the Calendar page for meet sign-up deadlines:

Gator Long Course Kick-Off May 1-3

in Cape Girardeau: Sign-up Deadline Wed. 4/1

Saluki International Meet -

May 15-17

At Shea Natatorium: Sign-up Deadline Fri. 4/17

Parkway Summer Sizzler - June 12-14

in St. Louis, MO: Sign-up Deadline Mon. 4/27

GPAC Lalor Invitational - June 12-14

in Pensacola, FL: Sign-up as soon as possible. This is a team travel trip for swimmers 13 and older.

CSP Summer Invitational - June 26-28

in St. Louis, MO: Sign-up Deadline Mon. 4/27
This is a Prelim/Final Meet for 13 and older swimmers; 12 and under swimmers swim timed finals only.

Ozark Long Course Championships - July 17-19

This meet is held at Shea Natatorium and is for qualifiers only.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
29	30	31	1 Sign-up Deadline for Gator Long Course Kick- off Meet	2	3	4