



September 28, 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 at www.swimsaluki.com

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.

"Good character is more to be praised than outstanding talent. Most talents are, to some extent, a gift. Good character, by contrast, is not given to us. We have to build it, piece by piece -- by thought, choice, courage, and determination."

H. Jackson Brown



MEMBER CLUB

Building a Culture of Achievement

Update #183

Pulliam Pool Update

We received an update yesterday on the Pulliam Hall Pool. SIU hopes to have Pulliam open later in the week. So as of right now, we will start the week at the Rec (Jedi, Groups 1, 2, 3, & 4) and the Life Center (all Swim School groups). If Pulliam opens at some point during the week, practice schedule changes will be communicated through the website, email, Saluki HQ phone message, and with postings at the pools. Please, continue to check during this week for schedule changes. Thank you for your patience and understanding!

Parent Education Day

Saluki Swim Club held its first Parent Education Day on Saturday, September 19. A special thank you to all parents who attended. We hope that it was fun and informative! We hope to hold future education sessions later in the season. If you have any topics related to competitive swimming which you would like to know more about, please email them to Coach Jay Newton (coach@swimsaluki.com). We will attempt to cover these topics in future education sessions.

Announcements

Upcoming Meets:

The Meet calendar for the 2009-2010 swim season is posted on the webpage. Please, plan ahead, and keep an eye out for upcoming deadlines. Meet sign-up deadlines are strict deadlines. Make sure to mark your calendars!

Saturday, October 3 - Saluki Open Water Race- Carbondale, IL **Deadline: Sept 25**

October 10-11 - Rec Plex Fall Festival - St. Peters, MO - **Deadline: Sept 16**

SALUKI SWIM YOUR OWN AGE MEET - SIGN-UP DEADLINE FRI., OCT 2!!!

The Saluki Swim Your Own Age Meet is our first Home meet of the season. This is an excellent meet for all Saluki Swim Club Swimmer (including Jedi Swimmers!). This meet is a short one day, one session meet on a Saturday morning. This meet is also unique in the fact that it offers swimmers an opportunity to swim in single year age groups. We will offer 7 & under, 8, 9, 10, 11, 12, 13, 14, and 15 & older age groups (Standard age groups are 8 & under, 9-10, 11-12, 13-14, 15 & older). This will be a great meet for new swimmers and experienced swimmers who are looking to get some times for the new year! So make sure to sign your swimmer up on the Calendar page of our website. On the day of the meet, we will need every available parent to help us time and work the meet. This will be a laid back meet where swimmers and parents can gain meet experience.

SALUKI TEAM WARM-UP ORDER FORMS ARE NOW AVAILABLE

Saluki Swim Club warm-up suit orders are now being taken. Try on sizes are available in the Rec Shop. Order forms are available on the website or in the Rec Shop. All orders and payments should be turned in at the Rec Shop.

October 24 - Saluki Swim Your Own Age - Carbondale, IL **Deadline: Oct 2**

November 20-22 - Carbondale 500 - Carbondale, IL **Deadline: Oct 23**

December 4-6 - XCEL Meet of Champs - Brentwood, TN **Deadline: Nov. 6**

December 12 - Tri-State Meet - Carbondale, IL - **Deadline: Nov 23**

January 2-3 - Paducah Swimfest - Location TBA -**PLEASE NOTE DATE CHANGE!!!!**

January 22-24 - FAST Winter Invitati

Important Dates

COACH'S CORNER

I wanted to use this portion of the newsletter to reinforce some of the things that we discussed at our Parent Education Day. If you missed the event, you can catch up by reading the material below. If you attended the Education Day, you can use this section as a refresher! **The Basics of Swimming...**

Skills: The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley or IM.

Competition: Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer will have a limit to the number of events he or she may swim each day, depending on the meet rules.

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.

Backstroke consists of an alternating motion of the arms with a flut-ter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The breaststroke, which is the oldest stroke dating back hundreds of years, requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish. (The butterfly is the newest stroke and was developed in the early 1950s as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne.

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
					Saluki SYOA sign-up deadline	Saluki Open Water Festival
4	5	6	7	8	9	10
						REC PLEX Meet

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.

Saluki Open Water Festival
 Oct. 3 - Carbondale, IL
 Sign-up Deadline: Sept. 25

Rec Plex Fall Festival
 October 10-11 - St.Peters, MO
 Sign-up Deadline Sept 16

Saluki Swim Your Own Age Meet
 October 24 - Carbondale, IL
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Carbondale 500
 November 20-22 - Carbondale, IL
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XCEL Meet of Champs
 December 4-6 - Brentwood, TN
 Sign-up Deadline - November 6

Tri-State Meet
 December 12 - Carbondale, IL
 Sign-up Deadline - November 23

Paducah Swimfest
 January 2-3 - TBA
 Sign-up Deadline -

FAST Winter Invitational
 January 22-24 - St. Louis, MO
 Sign-up Deadline -

Gator Great Times Meet
 February 5-7 - Cape Girardeau,