



**December 9, 2009**

### Saluki Swim Club

P.O. Box 3293  
Carbondale, Illinois 62902  
618-457-1103 (Saluki HQ)

Email: [coach@swimsaluki.com](mailto:coach@swimsaluki.com)  
Web: [www.swimsaluki.com](http://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](http://www.swimsaluki.com)

No Practice - Saturday, Dec 12 (Tri-State Meet)

Wednesday, Dec. 23 - Saturday, Dec. 26

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](mailto:coach@swimsaluki.com).

**"All our dreams can come true, if we have the courage to pursue them."**

- Walt Disney



**MEMBER CLUB**

*Building a Culture of Achievement*

# Update #187

## Tri-State Championship Is This Saturday

The Tri-State Championship is Saturday morning. Warm-ups will be at 8:15 am and the meet will start at 9:00 am. The meet should be over by 12 or 12:30 pm. We will need some help with workers. You can sign up by emailing Coach Jay! This should be a great little meet!

## Winter Session Sign-ups are Open

All current swimmers who are interested in swimming in the Winter session, should use the link on the homepage to access the sign-up form. Please sign-up by Monday, Dec. 21.

## Christmas Holiday Practice Schedule

All groups will continue their normal practice schedule through Tuesday, Dec. 22. All groups will be off Wednesday, Dec. 23 through Sunday, Dec. 27. For the rest of Dec. Jedi will take a break. Groups 1, 2, 3, and 4 will practice at the Life Community Center (2500 West Sunset Drive, Carbondale, IL 62903) Mon. 12/28 - Thurs. 12/31. Groups 1 & 2 will practice noon to 1pm (10:00 am to 11:00 on 12/31!). Group 3 will practice 1 - 2pm (11:00-noon on 12/31!) and Group 4 will practice noon to 2pm (10:00am - noon on 12/31!). This schedule will be posted on the website throughout the Christmas holidays.

## 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!

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

January 2-3 - Paducah Swimfest - Murray, KY - **Deadline: Dec. 14**

January 22-24 - FAST Winter Invitational - St. Louis, MO - **Deadline: Dec. 28**

## Pulliam is Closed for Repairs Again

Pulliam Hall Pool is closed all week for repairs. SIU hopes to have the pool open Monday, 12/14. Please continue to check the website, email and the Saluki HQ phone message for updates. Swim School will be cancelled until Pulliam is reopened. Jedi, Group 1, 2, & 3 will practice at the Rec Center at their normally scheduled times.

## Winter Session Evaluation Night Will be Held at the Rec Center

The Winter Session Evaluation Night will be held on Thursday, Dec. 10 at the Rec Center. All new swimmers and families should meet Coach Jay near the front desk on the lower level of the Rec Center at 6:20 pm. If you have any questions email Coach Jay at [coach@swim saluki.com](mailto:coach@swim saluki.com)

## Elizabeth Bell is 2009 IHSA State Champion

Anna - Jonesboro HS senior, Elizabeth Bell won the 50 free and finished 4th in the 100 fly at the 2009 IHSA State Championships. Elizabeth Bell has been a long time Saluki Swim Club swimmer. After completing her career here in Carbondale, Elizabeth has accepted a scholarship to swim at the University of Illinois.

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

February 26-28 Ozark Championships - Qualifiers only - St. Peters, MO

March 4-7 Region 8 Sectional Championships - Oklahoma City, OK - Qualifiers only -

## 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.**

### Saluki Swim Club Finishes Seventh in the 2009 Carbondale 500

Last weekend, 52 Saluki Swim Club Swimmers competed in a field of over 500 swimmers from five different states. Saluki Swim Club finished seventh out of sixteen teams. Saluki swimmers achieved many fast times and qualifying times during the weekend. Senior Elizabeth Bell, who arrived home on Sunday after winning the 50 free and finishing 4th in the 100 fly at the IHSA State Championships, achieved a Junior National qualifying time as well as 3 Sectional and Ozark qualifying times. Camille Davis, Calvin Kolar, and Kelsie Walker also achieved Sectional and Ozark qualifying times. Other swimmers who achieve Ozark qualifying times included: Sara Coello, Stephen Cohen, Braci Dutton, Darren Hale, Ryan Hall, Sarah Hall, Jared King, Ashlee Kuan, Cameron Kuan, Luke Lauzon, Courtney McCoskey, Natalie San, Darlene Sao, Austyn Sigler, Austin Stogsdill, Jacob Stone, Emily Stroud, and Kyle Walker. All together the Saluki swimmers accounted for 1 Junior National qualifying time, 10 Sectional qualifying times, and 76 Ozark qualifying times. Also as a team, Saluki swimmers achieved 103 B times, 75 BB times, 25 A times, 23 AA times, 6 AAA times, and 1 AAAAA time. In all Saluki swimmers achieved lifetime best times in 71% of their races.

Several Saluki swimmers achieved times that ranked in the Saluki Team top 5. Kelsie Walker broke the team record in the 500 free and the 200 fly for 13-14 girls. Daniel Burgener, Camille Davis, Calvin Kolar, Jacob Stone, Tyler Underwood, and Kelsie Walker all swam times that will rank in the Saluki top 5.

Saluki Swim Club swimmers who finished in the top 16 in their individual event and scored points in the meet: Cody Bailey (13) – 10th in the 200 fly; Elizabeth Bell (17) – 1st in the 100 breast and 100 fly and 3rd in the 200 free; Daniel Burgener (12) – 8th in the 200 back and 16th in the 100 back; Amelia Coello (12) – 15th in the 50 fly; Stephen Cohen (17) – 8th in the 100 breast; Simone Corpora (14) – 16th in the 100 breast; Camille Davis (15) – 2nd in the 200 back, 8th in the 100 fly, and 14th in the 100 breast; Braci Dutton (15) – 4th in the 50 free, 10th in the 100 free, and 15th in the 200 back; Darren Hale (14) – 4th in the 50 free, 7th in the 100 free, 9th in the 200 free, 11th in the 200 back, 13th in the 500 free and 100 fly, and 14th in the 100 back; Ryan Hall (15) – 15th in the 200 fly; Sarah Hall (17) – 5th in the 200 fly and 16th in the 200 breast; Daniel Henley (11) – 15th in the 50 fly; Stephanie Jaros (15) – 13th in the 400 IM; Jared King (16) – 15th in the 200 breast; Calvin Kolar (17) – 2nd in the 200 breast, 4th in the 100 free, 5th in the 200 IM and 100 breast, 6th in the 200 free, 10th in the 50 free, and 13th in the 100 fly; Ashlee Kuan (13) – 13th in the 100 back and 200 breast; Cameron Kuan (10) – 6th in the 200 IM, 9th in the 50 breast, 10th in the 200 free, 11th in the 50 free, and 12th in the 100 free, 100 back, and 100 breast; Luke Lauzon (10) – 12th in the 50 free, 13th in the 50 breast, 14th in the 100 free, 15th in the 100 breast, and 16th in the 50 fly and 200 free; Caseton Luthy (15) – 16th in the 200 breast; Courtney McCoskey (10) – 4th in the 50 back, 5th in the 50 fly and 100 back, 6th in the 50 and 100 breast, 8th in the 50 free, 10th in the 100 free, 15th in the 200 free; Miranda Payne (14) – 11th in the 200 breast; Natalie San (16) – 13th in the 200 breast; Darlene Sao (16) – 5th in the 400 IM, 9th in the 50 free, 12th in the 500 free and 200 IM, and 13th in the 200 free; Austyn Sigler (16) – 8th in the 100 breast and 11th in the 200 breast; Austin Stogsdill (16) – 14th in the 200 breast; Jacob Stone (12) – 2nd in the 50 back, 50 and 100 free, 3rd in the 50 breast, 50 fly, 200 and 500 free, 4th in the 100 breast and 200 IM; Emily Stroud (13) – 10th in the 100 back and 16th in the 50 free; Tyler Underwood (12) – 7th in the 200 back, 9th in the 500 free, 13th in the 50 fly and 15th in the 100 back; Kelsie Walker (13) – 1st in the 500 free and 200 fly, 4th in the 100 and 200 free, 5th in the 100 fly and 400 IM, 6th in the 50 free, and 15th in the 100 breast; Kyle Walker (16) – 13th in the 500 free; Taylor Yucus (11) – 12th in the 500 free and 14th in the 50 back.

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

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**Paducah Swimfest  
January 2-3 - TBA  
Sign-up Deadline - December 14**

**FAST Winter Invitational  
January 22-24 - St. Louis, MO  
Sign-up Deadline - December 28**

**Gator Great Times Meet  
February 5-7 - Cape Girardeau,  
MO Sign-up Deadline -**

**Speedo Grand Prix -  
February 11-14 - Columbia, MO  
Qualifiers only**

**Ozark Championships -  
February 26-28 - St. Peters, MO  
Qualifiers only**

### Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
				Evaluation Night 6:30 at the Rec Center		Tri-State Championship Meet - No practice
13	14	15	16	17	18	19
	Dealine to sign up for Paducah Swimfest					