



March 15, 2010

#### Saluki Swim Club

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618-457-1103 (Saluki HQ)

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### 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)

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.

**“A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals.”**

Larry Bird



MEMBER CLUB

Building a Culture of Achievement

# Update #192

## Welcome to the Spring Session

The 2010 Spring session began today! I have always liked the Spring session. As a coach it allows for a little extra time to refine technique and prepare for an exciting summer season. We will host an invitational May 21-23...so mark your calendar. We are very happy to have all of you swimming with us this spring!

Coach Jay Newton

## Invoice Explanation

The current invoices for all accounts will be mailed on March 20th. If you participated in the Winter session, you will receive 2 invoices. One will be the statement of your account at the end of Winter session. The second invoice will have your new Spring Session charges on it. As always, if you have any questions about your account, please contact Saluki HQ 457-1103.

## Announcements

### Upcoming Meets:

The Meet calendar for the 2010 Long Course 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!

The upcoming meet calendar will be released very soon. Please check the website on the calendar page to get all meet information and to sign up for meets.

Saluki International May 21-23

## Kolar Leads Saluki Swim Club in Sectional Championships

Seven Saluki Swim Club swimmers competed in the 2010 Central Section 8 Speedo Championship Series Meet in Oklahoma City, OK. Junior Calvin Kolar lead the team finishing 4<sup>th</sup> in the 200 breast, 7<sup>th</sup> in the 100 breast, and 20<sup>th</sup> in the 100 free. Sophomore Camille Davis finished 14<sup>th</sup> in the 200 back and 18<sup>th</sup> in the 100 back.

Thirteen year old Kelsie Walker finished 17<sup>th</sup> in the 200 fly. Also competing in individual events were Seniors Elizabeth Bell and Stephen Cohen. The relay team Camille Davis, Austyn Sigler, Elizabeth Bell, and Kelsie Walker finished 30<sup>th</sup> in the 400 medley relay. The relay team of Walker, Davis, Darlene Sao, and Bell finished 20<sup>th</sup> in the 400 free relay.

Three Saluki Swim Club Team records were broken at the meet. Kelsie Walker broke her own 13-14 girl 200 fly record and Camille Davis broke her own 100 and 200 back records. In addition to those swimmers, Stephen Cohen and Calvin Kolar added their names to the Saluki Top 5 for 17-18 boys.

## Saluki Swim Club Mailing List and More

If you are not receiving regular emails and newsletters, please submit your email address using the form on the bottom right hand side of the homepage. If you have any questions regarding the team or your account, please email Coach Jay or call Saluki HQ at 457-1103.

## 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.**

**COMING SOON!!!**

### Stone and Bell Lead Saluki Swimmers in Ozark Championships

Last weekend, nineteen Saluki Swim Club swimmers competed in the 2010 Ozark Short Course Championships in St. Peters, MO. The Saluki swimmers were lead by 18 year old Elizabeth Bell who won 5 events and the 15 & older girls high point award and 12 year old Jacob Stone who won 2 events and the 3<sup>rd</sup> place high point award for 11-12 boys. Thirteen year old Kelsie Walker also won an individual event in the meet. Saluki Swim Club finished 10<sup>th</sup> overall in the meet.

In the meet the Saluki swimmers swam best times in 61% of their races. Four swimmers (Elizabeth Bell, Stephen Cohen, Camille Davis, and Kelsie Walker) achieved 13 Sectional times. Camille Davis, Jacob Stone and Kelsie Walker broke team records in their respective age groups. Elizabeth Bell, Stephen Cohen, Camille Davis, Jacob Stone, Kelsie Walker and Kyle Walker swam times fast enough to be included on the Saluki Top 5 for their respective age groups. As a team Saluki swimmers achieved 3 B, 28 BB, 8 A, 16 AA, 13 AAA, and 3 AAAA times.

Swimmers who finished in the top 16 in their individual events and scored points included: Elizabeth Bell (18 years old) – 1<sup>st</sup> in the 100 fly, 100 breast, 50, 100 and 200 free and 3<sup>rd</sup> in the 200 breast; Stephen Cohen (17 years old) – 5<sup>th</sup> in the 100 breast, 6<sup>th</sup> in the 200 breast, and 10<sup>th</sup> in the 50 free; Camille Davis (16 years old) – 4<sup>th</sup> in the 100 back, 5<sup>th</sup> in the 200 back, and 14<sup>th</sup> in the 200 free; Ryan Hall (15 years old) – 16<sup>th</sup> in the 1650 free; Ashlee Kuan (13 years old) – 14<sup>th</sup> in the 200 back and 16<sup>th</sup> in the 400 IM; Cameron Kuan (10 years old) – 13<sup>th</sup> in the 200 IM, 14<sup>th</sup> in the 100 free and 100 IM, and 15<sup>th</sup> in the 50 free; Darlene Sao (16 years old) – 16<sup>th</sup> in the 50 free; Jacob Stone (12 years old) – 1<sup>st</sup> in the 50 and 100 breast, 2<sup>nd</sup> in the 50 free, 3<sup>rd</sup> in the 100 IM and 500 free, 4<sup>th</sup> in the 100 and 200 free; Steven Thompson (10 years old) – 15<sup>th</sup> in the 50 fly and 200 IM and 16<sup>th</sup> in the 50 free; Kelsie Walker (13 years old) – 1<sup>st</sup> in the 200 fly, 2<sup>nd</sup> in the 500 free, 6<sup>th</sup> in the 100 free and 200 IM, 8<sup>th</sup> in the 100 fly and 200 free, and 11<sup>th</sup> in the 50 free; Kyle Walker (16 years old) – 12<sup>th</sup> in the 1650 free.

The relay team of Camille Davis, Austyn Sigler, Elizabeth Bell, and Darlene Sao finished 5<sup>th</sup> in the 200 Medley relay. The relay team of Kyle Walker, Stephen Cohen, Jared King, and Ryan Hall finished 13<sup>th</sup> in the 200 Medley relay.

### Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
21	22	23	24	25	26	27