



Welcome to Update 195! This edition of our Update/newsletter will be very informative but in a very different format. Two weeks ago, our Saluki team laptop died after running many swim meets and 6 years of valued service. So, we now have a new laptop but not all the same software. And so, this newsletter will not have the same nice format; but we hope to return to a formal newsletter format in the near future!

Important Dates and Schedule Changes

There will be no practice on Saturday, May 1 due to the Gator Meet

Gator Meet warm up schedule: **Friday (400IM and 1500 free) - 4:00 pm**

Saturday and Sunday AM (9-10, 11-12) - 7:00 am

Saturday and Sunday PM (8 & under, 13-14, 15 & older) - Noon.

Saluki Summer Swim School schedule is now on the webpage! Registration for all Summer Swim School classes will open on Monday, May 17!

Saluki Banquet 2010!!

The 2010 Saluki Banquet will be held on Sunday, June 6 at 17th Street banquet facility in Murphysboro, IL. The banquet will begin at 5 pm and end at approximately 8 pm. The cost and specifics will be available in the very near future. There will be a flyer with details on how to reserve your spot for the banquet released very soon. So, save the date, and look for more details soon!

Saluki Intersquad Long Course Meet

Congratulations to all Saluki swimmers who participated in the Saluki Intersquad Meet! There were many great swims, and all swimmers did a great job! Also, I want to thank every parent who helped out that day! Your help is very much appreciated! Parents are a vital part of every meet. Without your help, we cannot put on competitions. These competitions are very important to the growth and success of our swimmers. I thank you again for all that you do to help your swimmers succeed!

Long Course Meet Sign up Deadlines

PKWY Summer Sizzler June 11-13

Mon., April 26

GPAC Tom Lalor Invite June 11-13

Wed., April 28

CSP Summer Invite June 23-25

Tues., May 4

Saluki International Meet Worker Sign-up

We will open our meet worker sign up this week for the Saluki International Meet. We need approximately 28 workers per session to run the meet. This meet is also your only chance this session to earn back the \$30 parent worker requirement. Every family was charged \$30 at the beginning of the Spring Session, and you can earn up to \$30 back by working at the meet. Each session you work is worth \$10 per person working. If you do the math, you will realize that we need every family to work at least 3 sessions to have any where close to enough workers. So please, help us as much as you possible can! This meet will provide much needed funds to help Saluki Swim Club continue to run our programs. There will be a link on the homepage of the website that will take you to the sign up page. Please, sign up early!! Thanks in advance from the coaching staff and all Saluki swimmers!

Saluki Swim Club Summer Programs

Beginning on Monday, May 3, registration for the Saluki Swim Club summer session will open on the website. If you are currently enrolled in the racing team or have been apart of the racing team during the last year, you can sign up by accessing the link on the homepage of the website. There will be a small response box where you can register or let us know that you will not be swimming this summer. Please, remember that you must have your account paid in full in order to register for the next session. If you have any questions, please contact Coach Jay Newton at coach@swimsaluki.com or at Saluki HQ 457-1103.

There are several things that you should keep in mind when considering the Saluki summer session:

- If you have participated in the previous 3 sessions (Fall 09, Winter 10, Spring 10) then you are eligible for a 50% reduction in coaching/facility fees.
- All swimmers participating in the Summer session will receive a free Saluki t-shirt which we will tie dye together as a team event during an afternoon practice.
- The Ozark Championship meet will be held here in Carbondale July 30-August 1. It will be a full 3 day meet with prelims each morning and finals each afternoon. So, even if you want to participate in the SISL championship meet, you can still swim in 2/3 of the events at Ozark Championships.
- Saluki Swim Club practices are an excellent way to supplement the summer league coaching and keep your swimmer progressing throughout the summer.
- Group 3 and 4 swimmers will have the option of morning and evening practices to fit all work and summer league schedules.
- Groups are often a little smaller in the summer, and swimmers receive more one on one coaching
- And, did I mention that the fees are 50% off for swimmers who swam in the last 3 sessions!!!

Summer Practice Schedule

Jedi: Monday – Friday 6:30 – 7:25 pm

Group 1 and 2: Monday –Friday 6:30-7:30 pm

Group 3 & 4: AM - Monday – Friday: 6:00-8:00 am & PM Mon., Tues., Wed., Fri. 4:45-7:00 pm. Group 3 swimmers should attend one practice per day and Group 4 swimmers should consult Coach Jay for a schedule of double workouts.

