



**January 5, 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.

There will be a Practice scheduling change for the week of Jan. 5-9. During this week all groups (Jedi, 1,2,3, 4) will meet at the Rec Center pool at their normally scheduled times.

-Saturday Practice conflicts- 1/17, 1/24, and 1/31

There are several Saturdays in Jan. where the pool is reserved by other groups.

**“If you want to lift yourself up, lift up someone else.”**

**- Booker T. Washington**



*Building a Culture of Achievement*

# **Update #168**

## **Practice Schedule Change for the Week of January 5-9, 2009**

For the week of January 5-9, all groups will have practice at the Rec Center pool. Practices will be held at normal times. All swimmers should check in at the information desk before going down to the pool deck. Normal schedule resumes on Monday, January 12.

Parents, we need your help during this week. Please, help us remind all swimmers to follow the Rec Center rules. Swimmers are to check in at the information desk, go down stairs (change in the locker room if necessary), swim practice, change in locker room and exit upstairs. Swimmers are not allowed on any equipment or in any areas other than the pool area. Also, please help us remind the swimmers not to leave a mess in the locker room.

During this week of practice, all parents who wish to stay during the practice time are asked to observe practice upstairs in the observation areas. Parents who are not members of the Rec Center will not be allowed into the lower level. If you have any questions or concerns, please contact a member of the coaching staff.

## **Announcements**

### **Upcoming Meets:**

January 23-25 Winter Invitational at Lindbergh High School Pool in St. Louis, MO.

February 6-8 Great Times Invitational in Cape Girardeau, MO.

February 15 Tri-State Championship in Carbondale, IL **Sign-up Deadline 1/27.**

February 27-March 1 Ozark Championships in St. Peters, MO.

## **Welcome to All New Swimmers and Welcome Back to Returning Swimmers!**

It is January and the start of a new year, and we are excited to have a group of new swimmers and families joining Saluki Swim Club! As most of you remember, when you first joined Saluki Swim Club you had many questions. Our new families will also have many questions about the club and competitive swimming. So those of you who are “veteran swim parents” please take a minute to help our new team members with any questions they might have about the club or swimming in general!

## **Saluki Swimmers Swim in Paducah to Start 2009**

Eighteen Saluki Swimmers splashed into the new year at the Paducah Swimfest. The swimmers had many great swims and best times in the meet. Further results will be available on the team website in the next few days.

## **A Quick Note About Meet Entries**

Swim Meets in our area have a tendency to fill up very quickly. In fact, most teams have a date where they start accepting entries. Most of the time the meet fills up before 10:00am (and not by the entry deadline). With this in mind, please pay attention to the team deadlines to sign-up for meets. This deadline is set by our coaching staff so that we can take care of our paperwork and send in the meet entry in time for our team to be in the meet.

**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:**  
 Tri-State Championships 1/27

**Winter Invitational**  
 This new meet on our calendar this year will be held at Lindbergh pool.  
**January 23-25: St. Louis, MO**

**Great Times**  
 Always popular with Saluki. This meet is the last full blown opportunity for athletes to get their Ozark qualifying times.  
**February 6-8: Cape Girardeau, MO**

**Tri-State Championship**  
 .This is a small one session meet with a few of teams from Illinois, Missouri, and Kentucky.  
**February 15: Carbondale, IL at Shea Natatorium**

**Ozark Championship**  
 This is the big competition of the 2008-09 short course season. Qualifying times are required.  
**27 Feb-01 Mar: St. Peter's, MO**

**Sectional Championships**  
 This meet is offered for swimmers who meet the qualifying times.  
**March 5-8: Oklahoma City, OK**

# Coaches Corner

by Coach Jay Newton

We have reached the heart of the winter months, and the weather is often very cold. Right now, it is very important that all swimmers do their best to stay warm (especially after practice with wet hair). Avoiding illness and taking good care of yourself outside of practice time is a very important part of your swimming success for the rest of this season. At practice, we (your coaches) can help prepare you to swim well at meets, but we cannot control factors outside of practice. One good bout with the Flu can sabotage an entire season of training. So do your best to get enough rest, and avoid letting illness take away from all your hard work!

We have three meets left before we get to the Ozark Championships. We currently have 17 swimmers qualified for the meet and many more who are close to qualifying. As a goal for the whole team, I would love for us to have at least 25 swimmers qualified for the Ozark Championships. I think that this is a realistic goal for us and something that we can accomplish in the next three meets.

Finally, I just want to compliment all Saluki Swimmers. I have had only a limited time to work with you, but I am very impressed with your improvement. In only a few months, we have come a long way. You have swum numerous best times and the skills you display in practice are vastly improved. I can honestly say it is a pleasure to coach a group of swimmers who work hard, have a great attitude and are willing and excited to learning more about swimming! I am excited about our future and all the great things you will accomplish in the pool!

Keep up the Good Work!

Coach Jay Newton

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
11	12	13	14	15 Group 4 Practice at Pulliam	16	17  No Practice