

September 21, 2009

Volume 3, Issue 1

Midway Splash

Practice Notes:

- Red, Maroon, Black, Gold, and Monsters are all at Sunny all week long.

Wednesday is our mandatory parents meeting at Sunny Pool.

Practice Times:

Monday, Tuesday,

Thursday, and

Friday:

Red and Maroon

5:30-6:30 S

Black 6:15-7:30 S

Gold 7:00-8:30 S

Wednesday:

All swimmers and all

parents 5:00 – 7:00

PM at Sunny Gym,

Meeting from 5:30 –

6:15.

Midway Aquatics Club/ 630-204-7142/ mdwycoachmike@gmail.com

If you have any questions, comments or concerns please contact me at any time.

Notes from the pool side

Red Group:

Congratulations on completing the first week of swimming and getting “back into the groove.” This week Maroon and Red Groups are going to focus on swimming Freestyle and many of the drills associated with this stroke. This week we are also going to introduce Dry land training during the first 15 minutes of practice. We will also spend this week working on kicking to help improve our core flexibility and endurance. I look forward to seeing everyone around the pool deck.

Black Group:

This week Black group will finish freestyle drills and begin working on backstroke drills. We will continue focusing on good technique throughout practice. We will review rules and use some of our deck time for goal setting introduction.

Gold & Monster Group:

We will be continuing to improve our aerobic base and develop our kicking with shoes. We will also be working on setting goals for the season.

This week in Midway Swimming

- Please visit our site at www.midwayaquaticsclub.com There is more information added each day, and it is great for any last minute information.
- Wednesday is our mandatory parents meeting at Sunny pool. Kiefers will be there from 5 to 7 PM for suit sizing, and our meeting will be with Swimmers and Parents from 5:30 to 6:15 PM in Sunny Gym.
- Please make sure that each swimmer brings their water bottle. They need water to have their body function properly.
- Please make sure that your monthly payments are sent in if you are on the monthly payment plan. If you need to know your balance please feel free to e-mail me at any time. All checks should be made out to UCLS, and not Midway Aquatics Club. However please use our envelopes located outside the pool, and put Midway Aquatics Club on the note line.
- The first two swim meets are up on the web site. Please sign up for the Lockport meet before Thursday. The entries are due Friday at 8:00 AM.
- The calendars contain all of the meet information, as well as our web site.
- All practices and meets can be found under the events tab of our web site.