

November 23, 2009

Volume 3, Issue 10

Midway Splash

Practice Notes:

Red at Sunny on
Monday and
Tuesday

Gold at Ratner on
Tuesday and
Sunny on
Monday

Black, at Sunny on
Monday and
Tuesday

Practice Times:

Red and Maroon

Monday, Tuesday,:

5:30-6:30 Sunny

Black: Monday,

Tuesday, : 6:15-7:30

Sunny

Gold and Monsters

Monday: 6:30 – 8:30

Sunny ,Tueaday :

3:30 – 5:00

Ratner

No Practice

Wednesday,

Thursday, or Friday:

Happy Thanksgiving

www.midwayaquaticsclub.com / 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: The Red/Maroon Group will spend this short week working on Breaststroke pullouts and racing starts along with our continued excellence with Dry land training. Then we will take a well deserved Turkey Day Break. See everyone around the pool!

Black Group: This week black group will work on streamlining and breaststroke. Swimmers should have a water bottle at every practice.

Gold & Monster Group: This week we will be working on starts, turns, and hold fast swimming over longer periods of time. Short week for fast and correct swimming.

This week in Midway Swimming

- **No Practice on Wednesday, Thursday, or Friday this week. Happy Thanksgiving. Next week is back to regular schedule.**
- **All Black, Gold and Monster swimmers are entered in the Lyons ISI. If your swimmer is in the Red and Maroon group they are welcome to attend as well. Please register if you are in the Red or Maroon group, or send me an e-mail if you are not able to attend a certain day for Lyons ISI.**
- **If your child is sick, please keep them at home; please do not bring them to practice. We all like each other and are friends, but sickness is something that I do not want to share. Please make sure that they have coats and hats for when they leave the pool.**
- **Please use the envelopes in the hallway to mail in your checks. It would be best if you sent them in or dropped them off at the business office. Please use the envelopes so that the business office knows where to deposit the checks.**
- **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. If you are unsure of your balance please e-mail me and I will let you know.**