

November 30, 2009

Volume 3, Issue 11

Midway Splash

Practice Notes:

Red at Sunny
Monday –
Thursday.
Ratner on
Friday.

Gold at Ratner on
Tuesday

Black at Sunny all
week long.

Practice Times:

Red and Maroon

Monday, Tuesday,
Wednesday,
Thursday:

5:30-6:30 Sunny

Friday : 3:30 – 5:00

Ratner

Black: Monday,

Tuesday, Wednesday,
Thursday : 6:15-7:30
Sunny

Gold and Monsters

Monday, Wednesday,
Thursday, Friday:
6:30 – 8:30 Sunny
Tuesday : 3:30 – 5:00
Ratner

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: Welcome back for a (hopefully) restful weekend. This week we are going to focus on backstroke and breaststroke for the first four days of the week and then on Friday we will continue with our work on starts. Hope to see everyone there.

Black Group: Black Group: This week black group will continue working on streamlining off of both starts and turns as well as reviewing butterfly and breaststroke drills. All swimmers should have clothes and shoes for dry land on Wednesday as well as a water bottle at every practice.

Gold & Monster Group: This week we will continue working on holding fast swimming over longer periods of time. We will also be working on Fly and Breaststroke.

This week in Midway Swimming

- **Regular practice all week long.**
- **Days off in December 19th, 24th, 25th, 31st, 1st.**
- **December 30th will be pie day practice for Gold and Monsters.**
- If your swimmer is in the Red group and would like to be in the Lyons meet, or if you absolutely can not be in the Lyons meet; please let me know.
- **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.
- All practices and meets can be found under the events tab of our web site.
- Kiefer's number is 630-724-9305.