

December 7, 2009

Volume 3, Issue 8

Midway Splash

Practice Notes:

Red at Sunny all week long.

Gold at Ratner on Tuesday

Black at Ratner on Friday!

Practice Times:

Red and Maroon

Monday, Tuesday,

Wednesday,

Thursday, Friday:

5:30-6:30 Sunny

Black: Monday,

Tuesday, Wednesday,

Thursday : 6:15-7:30

Sunny

Friday : 3:30 – 5:00

Ratner

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: This week we will tackle two days of Freestyle and two days of Butterfly and spend our Friday continuing to perfect our starts. Look to have a little workout set on Friday as well. See you around the pool.

Black Group: This week Black group will prepare for our meet this weekend. We will review flip turns and open turns as well as Backstroke and Freestyle. 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 Gold and Monsters will prepare for the swim meet. We will also be working on Backstroke and Breast Stroke. Do not forget your water bottles, shoes, and snorkel.

This week in Midway Swimming

- **This weekend is the Lincoln-Way ISI. The meet information is on the web site, and I have included the entries as well.**
- **Please make sure that you sign up for the Bloomington ISI if you would like to attend. Entries will be due during winter break.**
- All Black, Gold and Monster swimmers are entered in the Lyons ISI. I have included the entries for this meet. Please remember that 10&U are in the AM, 11-12 in the mid day, and seniors in the PM.
- **We will practice through winter break. We will take December 18th, 24th, 25th, 31st, and January 1st off.**
- **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.**
- All practices and meets can be found under the events tab of our web site.
- Kiefer's number is 630-724-9305.