

December 14, 2009

Volume 3, Issue 13

# Midway Splash

## Practice Notes:

Red at Sunny all week long.

Gold at Ratner on Tuesday

Black at Sunny all week long.

No Practice on Friday!!!!

## Practice Times:

### Red and Maroon

Monday, Tuesday, Wednesday, Thursday:  
5:30-6:30 Sunny

### Black: Monday,

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

### Gold and Monsters

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

[www.midwayaquaticsclub.com](http://www.midwayaquaticsclub.com) / 630-204-7142 / [mdwycoachmike@gmail.com](mailto: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 work on all strokes, and swimming them correctly. It will be a little bit of work before the long weekend. See you around the pool.

**Black Group:** This week Black group will review stroke drills as well as practicing some sprinting. 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 build their endurance and work on flip turns. Do not forget your water bottles, shoes, and snorkel.

## This week in Midway Swimming

- **This Friday there will be no practice. Enjoy the long weekend.**
- **Please make sure that you sign up for the Bloomington ISI if you would like to attend. Entry 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 18<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 31<sup>st</sup>, and January 1<sup>st</sup> 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.