

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 Thursday and Friday!!!!

## Practice Times:

### Red and Maroon

Monday, Tuesday,

Wednesday:

5:30-6:30 Sunny

**Black:** Monday,

Tuesday,

Wednesday,: 6:15-

7:30 Sunny

### Gold and Monsters

Monday, Wednesday:

6:30 – 8:30 Sunny

Tuesday : 3:30 – 5:00

Ratner

[www.midwayaquaticsclub.com](http://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:** Very short week this week, capped off with the soon to be famous Pie challenge set on Wednesday. Otherwise we will work on Freestyle and Butterfly for Monday and Tuesday along with Dry land training. See Everyone at the pool.

**Black Group:** This week Black group will review stroke drills as well as practicing some sprinting. Wednesday is pie day. Remember a water bottle at every practice.

**Gold & Monster Group:** This week Gold and Monsters will continue to build their endurance and work on starts. Wednesday is pie day. Do not forget your water bottles, shoes, and snorkel.

## This week in Midway Swimming

- This Thursday and 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. If I do not have enough entries we will not be able to attend the meet. Entries will be due during winter break.
- We will practice through winter break. We will take December 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.