

December 28, 2009
Volume 3, Issue 14

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 / 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: Another short week due to the Holidays again this week so we are going to work on Freestyle and Backstroke this week and will also try to practice some more flip turns as well. See everyone around the pool.

Black Group: This week Black group will work on freestyle and backstroke as well as flip turns. We will also practice some short distance sprinting and racing. Remember a water bottle at every practice.

Gold & Monster Group: This week Gold and Monsters will continue to build their endurance and our sprinting. Do not forget your water bottles, shoes, and snorkel.

This week in Midway Swimming

- **You must register for the Bloomington ISI by January 3rd 2010. IF you are unable to sign up through the web site by then, send Coach Mike an e-mail saying that you are interested in attending.**
- **This Thursday and Friday there will be no practice. Enjoy the long weekend.**
- **We will practice through winter break. We will take December 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.