

January 4, 2010
Volume 3, Issue 16

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 / 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: Greetings and welcome back to a new week and a new year. Our first full week of 2010 will pick up where we left off 2009. This week we will work on Breaststroke for Monday and Tuesday followed by Butterfly on Wednesday and finish off the week with some Freestyle and meet prep for the Lyons Meet. We will do meet prep type activities on Thursday. See you around the pool.

Black Group: Black Group: This week Black group will prepare for our swim meet this weekend. We will review all four strokes as well as spend some time on starts. Everyone should have a water bottle at practice.

Gold & Monster Group: This week Gold and Monsters will continue to build their aerobic endurance and our sprinting. We will also work on meet prep for Lyons this weekend. **Do not forget your water bottles, shoes, and snorkel.**

This week in Midway Swimming

- This Friday there will be no practice due to the number of kids in the Lyons ISI this weekend. Enjoy the long weekend.
- If your swimmers need something from Keifers please call and order it, and I will pick it up.
- All swimmers who qualify for Regional's will be entered. Please check the time standards in the hallway to see if your swimmer is near qualifying. Regional's is the last weekend in February.
- If you are a two payment a year person, please make sure that you have made your second payment this month.
- 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.