

January 11,
2010
Volume 3,
Issue 17

Midway Splash

Practice Notes:

Black at Sunny all week long.

Gold at Ratner on Tuesday

Red at Ratner on Friday!

Practice Times:

Red and Maroon

Monday, Tuesday,

Wednesday,

Thursday:

5:30-6:30 Sunny

Friday : 3:30 – 5:00

Ratner

Black: Monday,

Tuesday, Wednesday,

Thursday: 6:15-7:30

Sunny

Friday 5:30 – 6:45

Gold and Monsters

Monday, Wednesday,

Thursday: 6:30 – 8:30

Friday 6:30 – 8:00

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: The Red/Maroon group will focus this week on Freestyle and Backstroke along with Starts and Turns. We will continue to build on our stroke development and now add the finer points of starts and turns to continue to make us “race” ready as we begin participating in our first swim meets in the future. Great job to those that swam this weekend. See everyone around the pool.

Black Group: This week Black group will focus on Backstroke stroke drills as well as starts and turns. Everyone should have a water bottle at practice.

Gold & Monster Group: This week we will be working on all four strokes, starts and turns. Do not forget your water bottles, shoes, and snorkel.

This week in Midway Swimming

- This weekend was the Lyons ISI and Midway finished 2nd over all. Great job to everyone who swam this weekend.
- We have one more meet until championship season.
- 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.