

January 18,  
2010  
Volume 3,  
Issue 18

# Midway Splash

## **Practice Notes:**

Red at Sunny all week long.

Gold at Ratner on Tuesday

Black at Ratner on Friday!

## **Practice Times:**

### **Red and Maroon**

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

### **Black:** Monday,

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

### **Friday 3:30 – 5:00**

Ratner

### **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](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 the Red Group will continue our technique work continuing with Backstroke and Breaststroke. We are going to introduce the Backstroke turn and cover Starts at the end of the week.

Look forward to seeing everyone around the pool.

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

**Gold & Monster Group:** This week we will be working middle distance freestyle and sprint stroke. Do not forget your water bottles, shoes, and snorkel.

## **This week in Midway Swimming**

- **We do have practice on Jan 18<sup>th</sup>.**
- **Please make your room reservation if you are attending the Bloomington ISI.**
- **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.