

January 25,  
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# 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:** The Red Group will be focusing on Freestyle and Butterfly this week. Drills and kicking along with some practice on open turns and starts towards the end of the week. Of course dry land will be included. See everyone around the pool.

**Black Group:** This week Black group will work on Butterfly Drills as well as starts and turns. All swimmers should have a water bottle at practice. Please remember clothes and shoes for dry land practice on Wednesday.

**Gold & Monster Group:** This week we will be working high speed, high quality, stroke work. Do not forget your water bottles, shoes, and snorkel.

## This week in Midway Swimming

- It is 3 weeks until Red Bird ISI. Please make sure that you have gotten your room reservation made if you are attending.
- Events for Red Bird ISI will be posted at the pool.
- Current regional qualifiers and their events will also be posted at the pool.
- 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.