

September 28, 2009

Volume 3, Issue 2

Midway Splash

Practice Notes:

Red and Maroon
at Sunny all
week long.

Gold at Ratner on
Tuesday

Black at Ratner on
Friday

Practice Times:

Red and Maroon

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

Black: Monday,

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

Sunny

Friday : 3:30 – 5:00

Ratner

Gold 7:00-8:30 S

Gold and Monsters

Monday, Wednesday,

Thursday: 6:30 – 8:30

Tuesday : 3:30 – 5:00

Friday : 6:30 – 8:00

Midway Aquatics Club/ 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: This week we will continue the development of Freestyle. We will work some more drills to improve our technique and continue with kicking and Dry land.

Black Group: This week Black group will finish up working on Backstroke drills and start to learn Freestyle and Backstroke flip turns. Wednesday, swimmers will need gym shoes and clothes for dry land. All swimmers should have a water bottle at practice!

Gold & Monster Group: We will be working on perfecting the stroke over distance, and maintaining stroke skill. We will also finish up Backstroke and move through Breaststroke.

This week in Midway Swimming

- Please visit our site at www.midwayaquaticsclub.com. There is more information added each day, and it is great for any last minute information.
- This is our first full week of practice. Please make sure that your swimmer is on time.
- Please make sure that each swimmer brings their water bottle. They need water to have their body function properly.
- Please use the envelopes in the hallway to send in your checks. This way there is no delay in deposit. Thank you very much.
- Please make sure that your monthly payments are sent in if you are on the monthly payment plan. If you need to know your balance please feel free to e-mail me at any time. All checks should be made out to UCLS, and not Midway Aquatics Club. However please use our envelopes located outside the pool, and put Midway Aquatics Club on the note line.
- The first two swim meets are up on the web site. Please sign up for the Lockport meet before Thursday. The entries are due Friday at 8:00 AM.
- The calendars contain all of the meet information, as well as our web site.
- All practices and meets can be found under the events tab of our web site.