

February 1,  
2010  
Volume 3,  
Issue 20

# Midway Splash

## Practice Notes:

Red at Ratner on  
Friday

Gold at Ratner on  
Tuesday

Black at Sunny all  
week long.

## 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 we are going to work our way through all the strokes in order to continue to improve on our technique. We will focus on one stroke each day while also doing something with all the rest. At the end of the week we will review and do some Individual Medley training. We will also review turns. See everyone at the pool.

**Black Group:** The black group will be working on freestyle drills and flip turns. We will also continue to work on maintaining efficient strokes. All swimmers should have shoes and clothes for dry land on Wednesday and a water bottle at practice everyday.

**Gold & Monster Group:** This week we will begin recovery. This is fine-tuning and high speed with lots of recovery for those attending Red Bird. The rest will continue to develop their high-speed quality work. Do not forget dry land Thursday.

## This week in Midway Swimming

- Red is at Ratner this Friday.
- Events for Red Bird ISI will be posted at the pool this week.
- We will be eating at Italia's Pizza Parlor on Sat night. I will double check on it, and let you know if we need to change where we will eat Sat night.
- 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.