

February 8,  
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Issue 21

# Midway Splash

## Practice Notes:

No Practice on  
Friday

Gold at Ratner on  
Tuesday

Black at Sunny all  
week long.

## Practice Times:

### Red and Maroon

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

### Black: Monday,

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

### Gold and Monsters

Monday, Wednesday,  
Thursday: 6:30 – 8:30  
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:** As we ready ourselves for the Red Bird Invitational we are going to review our technique this week while also spending time focusing on meet prep. We will go through our meet warm up routine all this week and spend time working on starts and swim meet procedures. Look forward to seeing everyone at the pool.

**Black Group:** The black group will be doing meet prep this week, getting ready for Red Bird ISI. 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 continue 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

- There is no practice this Friday due to the Red Bird Meet.
- 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.