

February 16,
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Midway Splash

Practice Notes:

No Practice on
Monday

Gold at Ratner on
Tuesday

Red at Sunny all
week long.

Black at Ratner on
Friday

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 / 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: What a great weekend of swimming! great job to all those that swam at the Red Bird Invitational this weekend. Now, for the next couple of weeks we are going to focus on the two more challenging of all the competitive strokes. We are going to work real hard on Breaststroke and Butterfly while also continuing to improve on our starts, turns and some of the other fundamentals. We will wrap up each week with an IM set to review and improve all the strokes. Look forward to seeing everyone around the pool.

Black Group: The black group will be working on turns and streamlines. 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 fine-tuning and high speed with lots of recovery. We will also be using a lot of time to work on streamlines. Do not forget dry land Thursday.

This week in Midway Swimming

- There is no practice this Monday due to the Red Bird Meet.
- Results of Red Bird will be posted at the pool, along with the web site.
- We will be having our end of the season banquet on April 1st. Please make sure to adjust your schedule so that everyone can be there at 5:30 to 7:00.
- Please make sure that you are up to date on your payments for the team.
- 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.