

February 21,  
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# Midway Splash

## Practice Notes:

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, 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  
Sunny  
Tuesday : 3:30 – 5:00  
Ratner  
Friday 6:30-8:00

[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 tackle the Butterfly. All week we are going to focus on improving our Butterfly technique with some exciting new drills and all the old favorites. Additionally, we will include some sprints from a dive and some butterfly turn work. We will cap off the week with our Friday IM swim set and of course we will get some dry land training in as well. Look forward to seeing everyone at the pool.

**Black Group:** The black group will continue streamline and turn work this week as well as practice Backstroke drills. Everyone should have clothes and shoes for dry land on Wednesday and a water bottle at practice every day.

**Gold & Monster Group:** This week we will recover our Regional Swimmers, and continue to fine tune and improve our streamline and strokes.

## This week in Midway Swimming

- **This weekend is our regional meet at Homewood Flossmoor High School.** The meet information is included.
- **Please make sure that you are up to date on your payments for the team.**
- **Please make sure that you arrive at Ratner on time, for both pick up and drop off.**
- **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.
- **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.