

October 5, 2009
Volume 3, Issue 3

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,
Wednesday,
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
Friday: 6:30 – 8:00
Sunny
Tueaday : 3:30 – 5:00
Ratner

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 are going to introduce the backstroke and backstroke drills. We will finish up some Freestyle on Monday and then flip ourselves over for the rest of the week. We will continue to add to our dry land portion and throw in some fun events as well.

Black Group: This week black group will be finishing up flip turns and start working on breaststroke drills. Wednesday, swimmers should have gym clothes and shoes for dry land practice. All swimmers should have a water bottle at practice every day.

Gold & Monster Group: We will continue with our streamline work, and start our butterfly drills. Please make sure that you have your shoes and water bottles.

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 minuet information.
- All GILLs meet entries must be sent in to me by Friday October 9th 2009. If you want your swimmer to participate, you must register them online under the events tab on our web site.
- **Please use the envelops 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.**
- Please make sure that each swimmer brings their water bottle. They need water to have their body function properly.
- 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 mad out to UCLS, and not Midway Aquatics Club. However please use our envelops located out side the pool, and put Midway Aquatics Club on the note line.
- 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.