

October 13, 2009
Volume 3, Issue 4

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 continue to develop our backstroke, and refine backstroke drills. We will also have fun and work our dry land at the end of practices.

Black Group: This week Black group will continue working on Breaststroke and begin working on Butterfly. We will review IM transitions. On Wednesday, swimmers should have comfortable clothes for dry land. All swimmers should have a water bottle at practice.

Gold & Monster Group: We will get ready for the meet, continue to develop fly and breaststroke, and work our anaerobic system this week. All swimmers must have shoes, water bottle, and snorkel.

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 in to me. I will post the rest of the meets for the season this week, and you can begin registering for them on Friday.
- I have suits and caps now. If you ordered a suit, pick it up from Coach Mike at practice time. If you swimmer did not get their team shirt just come and get it when you get your team cap.
- If you need equipment just call Kiefer of Westmont at 630-724-9305. You should get a discount for our team. Just tell them that you are with Midway when you order, and that Coach Mike will pick it up for you, and then let me know when you order it. I will go by there on Thursdays.
- **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.**
- 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 made out to UCLS, and not Midway Aquatics Club. However please use our envelopes located outside 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.