

October 19, 2009  
Volume 3, Issue 5

# Midway Splash

## Practice Notes:

Black at Sunny all week long.

Gold at Ratner on Tuesday

Red and Maroon at Ratner on Friday

## Practice Times:

### Red and Maroon

Monday, Tuesday, Wednesday, Thursday:

5:30-6:30 Sunny

Friday : 3:30 – 5:00

Ratner

### Black:

Monday, Tuesday, Wednesday,

Thursday : 6:15-7:30

Sunny

Friday : 5:30 to 7:00

### Gold and Monsters

Monday, Wednesday,

Thursday: 6:30 – 8:30

Friday: 5:30 – 7:00

Sunny

Tuesday : 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 with the breaststroke and breaststroke drills. We will continue to add to our dry land portion and Friday we will be going to Ratner.

**Black Group:** This week Black group will work on butterfly and open turns. On Wednesday, swimmers should have comfortable clothes for dry land. All swimmers should have a water bottle at practice.

**Gold & Monster Group:** We will be working on our Breast and Fly turns, and our Backstroke. We will also be having dry land in the Gym on Thursday. All swimmers should bring Gym shoes, shorts, and t-shirt. Also all swimmers must have their water bottles, snorkel, and shoes.

## This week in Midway Swimming

- **Black and Gold will be at the same time on Friday due to giant gym night. Both groups will be from 5:30 to 7:00PM on Friday. Please check the calendar for changes to the schedule.**
- I have suits and caps now. If you ordered a suit, pick it up from Coach Mike at practice time. If your 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 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. If you are unsure of your balance please e-mail me and I will let you know.
- All practices and meets can be found under the events tab of our web site.