

October 26, 2009  
Volume 3, Issue 6

# Midway Splash

## Practice Notes:

Black at Sunny all week long.

Gold at Ratner on Tuesday

No Practice on Friday happy Halloween!

## Practice Times:

### Red and Maroon

Monday, Tuesday, Wednesday, Thursday:

5:30-6:30 Sunny

Friday : No Practice

### Black:

Monday, Tuesday, Wednesday, Thursday : 6:15-7:30 Sunny

Friday : No Practice

### Gold and Monsters

Monday, Wednesday, Thursday: 6:30 – 8:30  
Friday: No Practice  
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 will continue building our aerobic base and do some kicking. We are also going to cover and review all four strokes this week

**Black Group:** This week Black group continue working on open turns and review drills for freestyle and backstroke. On Wednesday, swimmers should have comfortable clothes for dry land. All swimmers should have a water bottle at practice.

**Gold & Monster Group:** This week we will be working all strokes at high intensity to work on maintaining stroke at high speed. 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

- **There is no practice on Friday October 30<sup>th</sup>. Happy Halloween!!!!**
- **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 start registering for our meet in December at Lincoln Way if you would like to attend.
- 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.