

November 2, 2009  
Volume 3, Issue 7

# Midway Splash

## Practice Notes:

Red at Sunny all week long.

Gold at Ratner on Tuesday

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, Friday:

6:30 – 8:30 Sunny

Tuesday : 3:30 – 5:00

Ratner

[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:** Maroon and Red will continue to work on development of our strokes starting with Backstroke this week and working through the IM order the rest of the week. We will introduce flip turns as well.

**Black Group:** Black group will review flip turns and butterfly/breaststroke drills. We will have our first test set on Tuesday. Swimmers should have comfortable clothes and shoes on Wednesday for dry land, as well as a water bottle every day at practice.

**Gold & Monster Group:** This week we will be working on IM transitions and stroke maintenance 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

- Please start registering for our meet in December at Lincoln Way if you would like to attend by this Tuesday.
- **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.**
- 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.