

November 9, 2009

Volume 3, Issue 8

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 / 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 focus on body, head, and streamline positioning. We are going to work Backstroke on Monday and Tuesday, and Freestyle on Wednesday and Thursday then review everything on Friday. Streamline and kicking will be our secondary emphasis. See everyone around the pool.

Black Group: This week black group will review flip turns and open turns. We will also work on freestyle and backstroke. Swimmers should have comfortable clothes for dry land on Wednesday and a water bottle at every practice.

Gold & Monster Group: This week Gold and Monsters will continue to hold stroke technique as we increase distance. We will also work on our breaststroke and backstroke this week. Water bottles, shoes and snorkels are needed at each practice. We will do dry land upstairs on Thursday.

This week in Midway Swimming

- **Team Pictures will be November 18th. We will not have swim practice that day. We will take pictures at 5:30 for everyone. I will have order forms later this week. Your swimmer will need their team suit for the picture, but they can have their hair done because we will not need a cap.**
- All Black, Gold and Monster swimmers are entered in the Lyons ISI. If your swimmer is in the Red and Maroon group they are welcome to attend as well. Please register if you are in the Red or Maroon group, or send me an e-mail if you are not able to attend a certain day for Lyons ISI.
- **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 make sure that they have coats and hats for when they leave the pool.**
- **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. I 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.
- Kiefer's number is 630-724-9305.