

November 16, 2009

Volume 3, Issue 9

# Midway Splash

## Practice Notes:

Red at Sunny all week long.

Gold at Ratner on Tuesday

Red, Black, and Gold all at Sunny on Friday!

Wed Team Pictures

## Practice Times:

### Red and Maroon

Monday, Tuesday,

Thursday, Friday:

5:30-6:30 Sunny

Wednesday Team Pic at Sunny at 5:30

**Black:** Monday,

Tuesday, Thursday :

6:15-7:30 Sunny

Wednesday Team Pic at Sunny at 5:30

**Friday :** 5:30 – 7:00

Sunny

### Gold and Monsters

Monday, Thursday:

6:30 – 8:30 Sunny

Wednesday Team Pic at Sunny at 5:30

Tuesday : 3:30 – 5:00

Ratner

Friday 5:30 – 7:00 at

Sunny

[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:** This is a short week due to pictures etc. We are going to continue our focus on body position working on Freestyle Mon/Tue and Breaststroke pulling on Thurs. Look forward to seeing everyone around the pool deck.

**Black Group:** This week black group will be preparing for our meet on Saturday. We will go over all four strokes as well as starts. All swimmers should have comfortable clothes for dry land on Thursday and a water bottle at every practice.

**Gold & Monster Group:** This week Gold and Monsters will be doing meet prep for this weekends meet. We will also work on our butterfly and IM's 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 are this Wednesday at 5:30 for everyone.** There is no swimming on this day. All the kids will be in their team suits or team shirts, and have their hair done. We should be done by 6:30 at the latest. All swimmers from all groups are required to be there. Have order forms at the pool.
- **Friday is our Fifth Annual Turkey Races and Fun Day.** All swimmers will be at the pool from 5:30 to 7:00pm. Please pick your swimmer up on time.
- 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. 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.