

Decatur Swim Club

April 27th, 2008

ON The Blocks Weekly Newsletter

A Note from Coach Paul:

Well we are off to a great start as the first week of the summer season has come to a close. I hope those of you who made it to the stroke clinic have learned a thing or two and will apply it to practices this season, I'll try to make sure we don't let those good technical things go to waste.

Upcoming Meet info:

Champaign's meet has been pulled off our schedule due to lack of interest.

As for all the other meets this summer information is on the website, everything you could ever possibly want to know can be seen by clicking on the meet packet button. We haven't had that many people return the meet sign-up sheet, or sign the meet sign in book which is located behind the mailboxes on the pool deck. Please check you schedule to see what meets you would like to do this season.

Coach Amy:

Coach Amy gave birth to her first child. Way to go Amy on your future DSC swimmer. Kaitlyn was born 10:25AM on April 19th. Go to the website to see pictures.

Website:

Everything you could ever possibly want to know about this summer's season is on the website, before sending out e-mails or worrying about what's going on check the web at www.decaturswimclub.org. Sally Thank You for all your help in setting this up and getting it all on there.

This weeks Practice schedule:

The weeks practice schedule will run regular hours. For hours see the website.

Summer Season Sign-up

If you haven't signed up for the summer season please do so we need all returning swimmers to have the appropriate paper work filled out.

Upcoming Meet info:

Keeping a drink on deck during practice is important during heavy exercise. Especially when it is hot outside like it was last week. Drinks like water, Gatorade, Propel, and anything in that family is good to have. Pop will not be allowed as a drink during practice. ***Important fact those of you who don't bring a appropriate drink will have an extra long cool down at the end of practice.***

Practice Thursday May 1st, 2008:

Thursday's practice will be run by the swimmers. Seven swimmers are responsible for writing and coaching a 15 minute segments of workout. So far we have Kyle Brownfield running dryland (bring running shoes), and Lauren Jurgens, Brian O'Neill, and Ethan Couch each are coaching a piece of the swimming. We need 3 more volunteers to try their coaching skills or Coach Paul will have to fill the slots with a boring set like he always does.

**Notice all workouts must be approved by Coach Paul at the beginning of practice.*

Sullivan Triathlon:

This weekend was the Sullivan triathlon, congrats to Macy Genebacher, Jennie Garrison, Alena Hinch, Andy Hinch, and Emily Ciambella for competing and putting those great DSC swimming skills to work. Reminder the Rodney T. Miller Lakeside Triathlon is July 5th and 6th check it out at: www.decaturtriathlon.com.

Contact Info:

Decatur Swim Club Office
250 N. Water St. Suite 249
Decatur, IL 62523
phone: (217) 422-7946

e-mail addresses located on the website!