

Decatur Swim Club

January 11, 2009

Weekly Newsletter

Practice Schedule

Week of January 11, 2009:

Normal practice times this week!

(All practices are held at Millikin's pool.)

Upcoming Meet Info:

February 6-8th

Washington Township

Groundhog Invite

I U Natatorium - Indianapolis, IN

I've already e-mailed this meet info and the list of events. If you haven't replied back with which days your swimmer can be there and their events (if they have a preference) please do so by **this TUESDAY** so I can enter them in the meet! Thank you!

If you are attending the meet, don't forget to reserve a hotel and reserve a spot for the team dinner. All of this info has also been e-mailed. Any questions, please ask!

Notes from Coach Kat:

First of all, I hope everyone had a wonderful New Year's and enjoyed the holidays with their families.

Second, I would like to thank all of you who put in so much time and effort to make our Seth Dunscomb Meet a success. We could not do it without you! A big congratulations to all of the swimmers who swam that weekend. Despite our frustrating pool conditions, we had some very good swims and lots of best times. That says a lot about our swimmers and their ability "to get up and race". Wonderful Job!!

With the Indy Meet fast approaching we have less than a month left to train. I, along with all of the assistant coaches

would love to see all of our swimmers accomplish their goals in swimming and have a good meet. Please take advantage of practice time to come to the pool and put in some hard work so you can be truly happy with your results!

Swimmers of the Week

A special round of applause for our swimmers of the week...**Allie Roberts, Kyle Anselmo, and Ethan Couch**...

Allie Roberts always works hard at practice and is so much fun to have around, but after swimming in our last meet, Allie realized how close she was to some of her goal times. She has come to every practice since that meet and been one of the hardest workers in the pool everyday no matter how hard it is! I couldn't be more proud of a swimmer, who is not only determined to do her best, but to do the hard work that comes along with it without ever complaining!

Kyle Anselmo is another swimmer, who despite hating the cold water, gets in the pool and works hard. He constantly challenges himself at practice to race others and do the fastest intervals he can. Kyle is a great listener and a wonderful leader in his lane to keep the other swimmers moving and motivated!

Ethan Couch hurt his finger before the Seth Dunscomb Meet. Despite the pain, he still swam all of his events and had some excellent times. He found out recently that it is broken and has to take two weeks off to let it heal. We can especially see what a strong and motivated swimmer Ethan is by knowing he was able to go best times with a broken finger and having to swim in pain.

GREAT JOB SWIMMERS!! KEEP IT UP!!!

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

coachkat@fgi.net
www.decaturswimclub.org

