

Decatur Swim Club

January 18, 2009

Weekly Newsletter

Practice Schedule

Week of January 18, 2009:

Normal practice times this week – EXCEPT there will be NO practice on Friday, January 23 due to a Millikin swim meet.

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

Upcoming Meet Info:

February 6-8th

Washington Township

Groundhog Invite

I U Natatorium – Indianapolis, IN

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:

Now that the holidays are over, the team has been back to practice and working hard. Especially with our younger age group, we have had great practice attendance, and even better work ethic. Some of our swimmers really understand the importance of challenging themselves. Practice is the perfect time to challenge your body to the point of failure in a hard set. It will not only make you physically stronger but mentally tough as well. All leading to an unstoppable swimmer in a race!

We have had a lot of thirsty swimmers at practice. It is extremely important to bring a water bottle with water or Gatorade to stay hydrated during practice. This will not only allow for a better practice, but will replenish your body.

Here is a power point from USA Swimming on how important recovery is for your body after a hard workout, and

what you can do to maximize your practice and the important time following. (Hit Control and click on the link below to open it.)

http://www.usaswimming.org/USASWeb/_Rainbow/Documents/f521febF-2ac7-4a98-bbaf-62cbc55d9450/Nutrition-Power%20of%20Recovery%20May2006.pdf

Swimmers of the Week

A special round of applause for our swimmers of the week...**Julia Funk, Maggie Roberts, and Megan Wineinger...**

Julia Funk is not only a sweet, fun girl to be around, she is also a very hard-working swimmer. Coming to practice whenever she can, she always does her best. Although Julia is only 12, she does almost the exact same workouts as the senior group, and when it comes to kicking she can leave just about anyone in her dust! With her toughness, extreme talent, and kindness Julia will go far in swimming and life. We are glad to have her on our team!

Maggie Roberts is following in her sister's footsteps. While also always being a hard-worker, she has been doing even better lately. Maggie enjoys trying to beat her times at practice and seeing how much she can do. She is a great lane leader for her age group, always encouraging and cheering the other swimmers on, and once practice is over, she helps the coaches and other swimmers make sure no equipment is left on the pool deck. Being an extremely unselfish girl, Maggie is a great role model in and out of the pool. If Maggie continues to work as hard as she does, her speed will get even faster leading her to accomplishing all her swimming goals!

Megan Wineinger is new to our team this year, but is definitely not new to swimming. She has incredible talent, and great work ethic. You will never see Megan complaining at practice or slacking off. She also does a great job of keeping her lane moving and knowing what is next.

Megan always has a smile on her face, and you can see she truly enjoys swimming. With Megan's personality and dedication, there will be no limit to what she can accomplish!

“Some people dream of success... while others wake up and work hard at it.”

~Author Unknown

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