

Decatur Swim Club November 2, 2008 Weekly Newsletter

Practice Schedule

Week of November 2, 2008:

8 & Under:

Mon, Wed, & Fri. 6 pm - 7 pm

9 & 10:

Mon, Wed, & Fri. 6 pm - 7:30 pm

11 & 12:

Mon. - Fri. 6 pm - 8 pm

13 & Over:

Mon. - Fri. 5:30 pm - 8 pm

Masters:

Mon. - Fri. 5:30 am - 7 am

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

Upcoming Meet Info:

December 5-7th:

Bloomington Normal Swim Club

All of our entries have been sent in, and we are ready to go. The meet packet with the events, times, and all other info is hanging on our bulletin board and posted on the website. I will also hang a list of the swimmers going to the meet and the events they are entered in. The week before the meet, I will print out copies to go in your mailboxes, along with warm-ups times and directions if you need them.

February 6-8th:

Groundhog Invitational

(Indianapolis, IN)

We have added this meet to our schedule. I have heard great things about this meet, and am excited we will be going. Information is posted on our website, and will be in the newsletter and on our board as the meet approaches.

"People rarely succeed unless they have fun in what they are doing."

~ Dale Carnegie

Notes from Coach Kat:

I hope everyone had a very Happy Halloween and didn't eat too much candy! As things settle down from our last meet, we now have a month to prepare for our meet in Bloomington. Swimmers, let's use this time to work hard at practice, and have lots of fun as a team.

Please make sure you bring a water bottle or Gatorade with you to practice. Keeping your body hydrated is very important, and allows your body to practice at its best! Also everyone needs to pick up their equipment when they are done swimming, and put it away nicely. If each swimmer is responsible for whatever they used during practice, there won't be a mess left for the last swimmers and coaches to pick up.

Swimmers of the Week

A special round of applause for our two swimmers of the week...Stephan Toussaint and Macy Genenbacher!!!!!!

Stephan has been working really hard at practice. He listens well to his coaches and then does his best. He had one of the best dives and streamlines the other day, which is very hard to get right! Macy has been training hard for High School Girl's Sectionals, which is coming up soon. She trains for the 500 freestyle, which takes a lot of hard work and dedication, and can be very tiring! Macy has even been doing push-ups on her own each night to help her become even faster.

Congratulations to both of the swimmers! The team is proud of you! Keep up the amazing work!!!

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