

Decatur Swim Club November 9, 2008 Weekly Newsletter

Practice Schedule

Week of November 9, 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 info is on the bulletin board and posted on website.

January 2-4th

Seth Dunscomb Meet

Make sure to reserve this date on your calendar. This is our big home meet that is great for all the swimmers to race in, and we need all the parents support and help for it to be a success!

Notes from Coach Kat:

With less than a month before our meet in Bloomington, we are working hard at practice. The younger groups have been practicing at learning and perfecting flip turns and streamlines. We all also have a "magic number" to remember so we can stay on our backs for backstroke when we touch the wall and swim in even faster. Everyone has been doing a much better job of picking up their equipment. Thank you very much. All of the coaches really appreciate it!

Our senior girls have High School Swimming Sectionals this Saturday. They have been training hard, and are tapering to be ready to compete. The entire team wants to wish all of them the best of luck! Trust your training and have fun!!

"The only way to discover the limits of the possible is to go beyond into the impossible."

Swimmers of the Week

A special round of applause for our two swimmers of the week...**Brooke Kellermann** and **Jarett Watkins**!!!!!!

Brooke has been swimming with us since this summer, and has been succeeding by leaps and bounds. She is a great example of a hard-working swimmer that always listens to her coaches and tries her best. She is quite a leader and has wonderful team spirit. Brook is always cheering on the rest of the swimmers and congratulating them.

Jarett is new to swimming, but has already learned all of the strokes and flip turns, and even accomplished one of the scariest things...diving off the blocks. He did great on his first try! Jarett is another example of a swimmer who pays excellent attention and wants to always do his best. Even though he is new to swimming so many laps, he keeps going with all of the swimmers in his lane and never complains.

Great job Brooke and Jarett! I'm so proud of you, as is the rest of the team! We couldn't be happier to have you both on our team! Keep it up!!!!

Contact Info:

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

coachkat@fgi.net

www.decaturswimclub.org