October Practice Schedule:
The Swim INDY practice schedule for the month of October is now available on the club website. Please note that this month also marks the start of high school season around the state and as of October 23, there will be some major changes to the schedule. Please follow the training schedule carefully, and contact me with any questions.

New 2006-2007 State Cuts:
The 2006-2007 Indiana Swimming cuts for the Divisional, Age Group and Senior State championship meets are now available at the Indiana Swimming website **(www.inswimming.org).** All swimmers will be working through goal setting exercises in the very near future, and knowing the state qualifying times (as well as your own best times) is vital to setting realistic but challenging goals. A copy of the cut times will be posted at both Ben Davis and Brownsburg High Schools.

Meet Signups:
Online signups for the Southeastern Swim Club "Swim Fest" (October 13 – 15 @ IUPUI Natatorium) close tomorrow. If you would like to swim at this meet and haven't yet signed up, please do so ASAP, or let me know at practice. Also, online signups for our dual meet with Avon (October 28) are still open and there is plenty of time to add your name to the list.

Long Course Prizes:
If you missed Bethjean Crumly one of the past two weeks and still need to pick up your attendance prizes from the summer season, please let me know ASAP and the necessary arrangements will be made. Once again, a special thanks to Bethjean for making this a special treat for all our swimmers who worked hard during the summer.

Home Football Game:
Just a reminder, Brownsburg High School will have a home football game this Friday so parking may be an issue for those arriving for the later practice. The game is scheduled to kickoff at 7 p.m.

"One-half of knowing what you want is knowing what you must give up before you get it."

- *Anonymous*