

Saluki Swim Club Newsletter – August 2012

Welcome to the Fall session! We are really excited to be back and starting a new season, and it so good to see so many new and returning swim families! It was really exciting to see Saluki Swim Club practicing together as a team too. Thank you for helping to make the move to the Rec Center go so smoothly! I know that the move to the Rec Center has required all of us to change the way we have been accustomed to doing things.

I want to take a minute point out a few things that will help this season to go smoothly.

TEAM COMMUNICATION

First, we are a fairly large team, so it can be challenging to communicate effectively. We utilize our website and email as the primary ways to communicate. We also have a Saluki HQ phone number that goes to voicemail. Messages are returned every weekday, but email is a more efficient way of communicating. If you are not receiving regular emails from the team, then we need to check and make sure we have an accurate email address. Also, if you have not already done so, please log on to the website. For the first login, you will need to respond to a website generated email link to set up your password. If you need me to resend this email, please let me know (jamesnewton47@hotmail.com).

WEBSITE NAVAGATION

Second, our website has a lot of features that will make running the team easier. The website is interactive and secure with password protection. There are three areas that you will need to check frequently. The first area is the events page. On this page, you can sign up for a swim session (Fall session) or swim meets. All swim meets for the short course season are listed. Meet information for each meet will be posted when they are available. The second area is the News page. This is where important information will be posted (like when there is a practice schedule change – No Practice on Monday, September 3). The third area is the newsletter page where newsletters like these will be posted.

SUIT SIZING AND ORDERING

We are going to have a team suit this year. It is not mandatory to buy a team suit, but it would be nice to have most of the team in the same suits during in season meets. We have suits that can be used for sizing (if you do not know your size in competitive swim suits). Please, try the suits on over your dry suit or over your underwear for sanitary reasons. The try on suits will be available at the pool Tuesday, August 28 – Friday, August 31.

The team website has a gear store icon, and you can order team suits, goggles, fins and more through the website. If you order through the website, then our team will receive store credit for future team equipment purchases. Goggles and Saluki team caps are available at Attitude Designs (next to 710 bookstore).

REC CENTER USAGE NOTES

Thank you again for following the Rec Center protocol when coming to practice. I have just a couple of reminders. Please, remember to bring your swim bags to the pool deck. We cannot use the lockers in the locker room. Please, place your swim bags on the bleachers behind lane 1 so that we do not block the walk way on the pool deck. As a Saluki Swim Club member, you can attend swim practice and swim in the lanes we rent during the time we have the pool rented (5-7:30 pm M-F and 10-noon on Saturday). We do not have permission to use any of the exercise machines, weights, basketball courts or other areas of the Rec Center. We do not have memberships to the Rec Center. Saluki Swim Club specifically rents lanes in the pool during our practice times.

SWIMMER PICK UP

For the safety of all our swimmers, we ask all parents to be at the Rec Center at the end of practice to pick up their swimmers. SIU is generally a pretty safe campus, but we want to ensure the safety of all of our swimmers. Therefore, **please do not be late to pick up your swimmers**. This is **especially important in the final groups of the night** (Groups 3, 4, and High School). **Practices end at 7:30** and the Saluki Swim Club Coaches would like to get home to their families following the end of practice.

REC CENTER MEMBERSHIPS

Parents, I know many of you have Rec Center memberships and workout at the Rec Center. If you have purchased a Rec Center membership for this semester or for this year, will you please email Coach Jay (jamesnewton47@hotmail.com). Every couple of years, we have to negotiate the contract to use the SIU pool. It will be very helpful to us to know how many parents have Rec Center memberships. If there are many families who also workout at the Rec Center, then we are a more valuable group in the administration's eyes.