

THE WAVE



Winona Swim Club Newsletter

May 17, 2007

ANNOUNCEMENTS:

The STORM meet is this weekend, May 19th-20th. Information for the meet is posted on our website under Schedule and Season Calendar. This information will also be emailed to everyone that is going to the meet.

I would like to welcome back our assistant coach Abby Holmquist. She will be with us all summer and is excited to be back.

Car Wash!! Our annual car wash will be June 16th at Walmart from 9am-2pm. Come have fun while raising money for your swim club.

Our next meet is the TWIN A meet. You must have an "A" qualifying time to participate in this meet. Please check with Kaleb if you do not know if you qualify. Sign up will start on Monday, May 21st and will be due by Thursday, May 24th.

PRACTICE SCHEDULE:

This week's practice schedule for the stroke clinic:

Gold and Silver: MTWTF 4-5:30

Bronze: MWF 5:30-6:30

Practices will be held at the Saint Mary's University (SMU) pool during the whole month of May.

Summer Session:

Summer Session begins on May 29 and runs through August 5. The first two weeks of our summer session practice will be held at the SMU pool May 29-June 8.

Gold: MTWTF 4-5:30

Silver: MTWTF 4-5:30

Bronze: MWF 5:30-6:30

On June 11 we will be moving practice to the Bob Welch Aquatic Center. Remember to purchase your pool pass at the Aquatic Center before we start practice there.

Gold: MTWTF 8-10am

Silver: MTWTF 10-11:30am

Bronze: MTWTF 10:30-11:30am

TIP OF THE WEEK:

Keeping flexible is an important part of all sports. Long and flexible muscles will help with your range of motion, reduce injuries, and keep you loose while training and racing. It is important to stretch before and after practice. It is really important to keep your upper body flexible by stretching your shoulders, pectorals, triceps, lats, back, and hips. If you would like more specific stretches, ask Kaleb for examples!

SWIM CAMP:

If you are interested in a swim camp this summer, I know of one just for you. It is where I went to college at UW-Stevens Point. Both of my old coaches will be running the camp and will be full of great swimming knowledge and fun. This is program that I truly believe in and respect whole heartedly. If you are interested, check out www.PointSwimming.com. It is a beautiful facility with an experienced and knowledgeable coaching staff. Spots are filling up quickly, so check it out soon.

NEW WEBSITE:

Check out our new website at www.WinonaSwimClub.org to get meet information, practice changes, and other information about our club!

QUESTIONS?

If you have any questions, comments, or concerns, feel free to email me or call me:

Email: Kaleb.silverberg@gmail.com

Phone: (651)327-9356