

THE WAVE



Winona Swim Club Newsletter

June 12, 2007

ANNOUNCEMENTS:

Sign up for the Rochester Orcas Meet by this Friday, June 15! This is a meet where everyone can swim!! The meet is June 22-24. We encourage everyone to swim so we can swim relays!! Please sign up with Kaleb this week.

This Friday we will have practice at Goodview Beach!! Gold, Silver and Bronze will have practice at 9A.M. We are going to have sand castle building contests and run in relays! You can also meet the other members of the of the team.

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

PRACTICE SCHEDULE:

This week's practice schedule for the stroke clinic:

Gold: MTWT 8-10am

Silver: MTWT 10-11:30am

Bronze: MTWT 11-11:30am

Friday practice is at Goodview Beach for Gold, Silver, and Bronze teams at 9A.M.

TIP OF THE WEEK:

This week I have a couple of little tips that I thought of this first week we were outside.

Now that we are outside every day, the sun has a major impact on our bodies. To take care of yourself there are couple of easy things to do everyday we swim under the sun. **Remember to wear sunscreen.** I know from personal experience that the sun can be harmful. It can cause sunburn, heat stroke, heat exhaustion, sun poisoning, and dehydration in one practice. To help prevent these things from happening, wear sun screen.

Bring your water bottle full of water everyday.

Drinking water at practice and keeping hydrated all day long can also help prevent these things from happening. It is also healthier to drink water all day rather than only at practice.

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