



# MINNETONKA SWIM CLUB Newsletter



April 20, 2011

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We want to hear from you! If you have news, ideas or pictures for an upcoming newsletter, send us an [e-mail](#).

## Action Items

**SWIM-A-THON PACKET PICK-UP.** Swim-a-thon packets were passed out this past Saturday and Monday. If you have not picked up your packet, they are located near the concessions stand at MME. Ask your group coach if you have any questions on where to find yours.

Don't forget the Swim-a-thon is **Saturday, May 14** and everyone is expected to participate. This fundraiser is important to our club and helps us to continue to use our facilities and improve and update our equipment. If you have any questions regarding the Swim-a-thon please contact [Amy Busch](#).

**VOLUNTEER SIGN-UPS AVAILABLE NOW.** The month of May is an important month for our club due to the high number of events we are hosting. Following May, we won't have any events requiring volunteers from our members until Fall.

## Upcoming Meets:

**Twinvite**

**Register**

(deadline: April 26)

We need plenty of help from our volunteers to make these events a success! Sign-up for any of the events below by clicking on the event.

| Event   | Date     |
|---|----------|
| <a href="#">Safety Day sponsored by Minnetonka Aquatics and Abbey's Hope Foundation</a><br>Please contact <a href="#">Coach Aimee</a> if you can help | April 30 |
| <a href="#">Swim-a-thon</a>   | May 14   |
| <a href="#">Minnetonka IMR Challenge</a>  | May 21   |
| <a href="#">Navy Seals Challenge</a>  | May 22   |

**TWINVITE REGISTRATION NOW AVAILABLE.** Our first meet of the season is now available for. The Twinvite will take place at the University of Minnesota Aquatic Center on May 7-8. This is an invitational and does not require any qualifying times. Speak with your group coach if you have any questions on whether or not your swimmer should participate in this meet. [Click here](#) to go to the event page for more information and to register today!

Please keep in mind that the meet entry **deadline is Tuesday, April 26**. Entries cannot be accepted after the deadline. Please contact [Coach Dan](#) with questions on the entry process.

**WEBSITE ORIENTATION FOR ALL PARENTS.** There are primarily two places where it all happens for the Club: At the pool, and on the website. Increasingly, our website is an important component of Club activity, because it is our primary vehicle for signing up for swimming meets *and* for season registration, as well as for volunteering and communicating.

We believe that even our most experienced parents will benefit from learning more about our website, and invite **everyone** to a series of Web orientations taking place next week. These meetings will let you know about some major changes to the site that are coming (soon), as well as where to find critical information about club happenings, events and group activities, and how information is archived.

You will have the opportunity to ask your questions and eliminate some of the confusion that some of you may have around new season registrations, groups, etc. While you may attend any session, please see the below schedule for opportunities that coincide with your swimmers' practice schedules.

Both sessions will be in the Media Center at each school. Please enter in the main doors to the school and follow signage to the Media Center.

| Day                 | Time         | Location         |
|---------------------|--------------|------------------|
| Tuesday, April 26   | 5:00-6:00 PM | MMW Media Center |
| Wednesday, April 27 | 4:30-5:30 PM | MME Media Center |

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## General News

**WELCOME TO THE NEW SEASON!** I hope that all of our returning swimmers enjoyed their break, and are ready to come back with a renewed enthusiasm and excitement for the 2011 Long Course Season! **The coaching staff has been working hard to prepare for the season and is excited about some of the changes we've made.**

If you are new to the club, welcome! Each week this newsletter goes out to all of our families with important information regarding competitions and events, practice updates, billing, and many other relevant items. Please be sure to read through the newsletter each week!

**USA SWIMMING TIPS & TRAINING—FEATURING MTKA SWIM CLUB!** USA Swimming has begun posting training tips featuring videos of different coaches and their swimmers who attend the Colorado Springs Training Camp. During Spring break, the Minnetonka Swim Club's national group trained at the OSC, and Coach Ben—with the help of swimmers Bryce Boston and Isabel Wyr—are featured in a backstroke catch-up drill. [Click here to see Minnetonka Swim Club in the featured video!](#)

### SPRING INTO SUMMER SAFETY – APRIL 30

**A FREE summer safety awareness event for Minnetonka families**



Mark your calendar for the ***Spring Into Summer Safety*** event on Saturday, April 30 from 9:30 a.m.-12:30 p.m. at the Minnetonka Aquatics Center.

The event will feature fun, interactive safety stations for kids:

- Water/Pool Safety – don't forget your swim suit!
- Bike Safety – bring your bike helmet!
- Health & Wellness
- Injury Prevention
- Fire Safety
- And More!

Learn more at [www.minnetonkaaquatics.org](http://www.minnetonkaaquatics.org)!

This event is sponsored by Minnetonka Aquatics and the [Abbey's Hope Foundation](#). (And, if you can volunteer to help, please do by contacting [Coach Aimee](#)).

### Helpful Links:

- [Minnetonka Swim Club](#)
- [David Plummer's Blog](#)
- [Minnesota Swimming](#)
- [Minnesota Masters](#)
- [Minnetonka Aquatics](#)
- [SwimNetwork](#)
- [SwimmingWorld](#)
- [USA Swimming](#)

**ADULT MINNETONKA LEARN-TO-SWIM CLASSES.** Minnetonka Aquatics’ adult swimming classes are offered to participants with various swimming backgrounds, who are 18 and up. Adult classes focus on the same swimming foundations as our Learn-to-Swim and Swim Club programs, to empower every participant with the skills, knowledge, and confidence in their swimming ability that will enable them to maintain a lifelong commitment to safety, wellness, and enjoyment in the water.

| Class                                  | Description   | Timing   |
|--|---|--|
| <b>Adult Intro to Swimming</b>         | This class is designed to introduce participants to swimming. Swimmers will be introduced to the foundations of swimming & feeling comfortable in the water. Body position (front & back floating), streamline (controlled glide) and full freestyle and backstroke strokes will be covered. Student to instructor ratio for this class is 1:4. Private lessons are also available. Call Aimee at 952-401-5225 for details or <a href="#">click here</a> to register.   | Saturdays,<br>May 7-<br>June 11,<br>9:55 a.m.-<br>10:40 a.m. |
| <b>Adult Intro to Fitness Swimming</b> | This is a 1 hour, 6-week class that is designed to expand participants’ knowledge of fitness swimming. Swimmers will polish both the backstroke & freestyle strokes as well as build endurance & become familiar with the concepts of fitness swimming, including sets, flip turns, pace clocks & heart rate training. New swimming skills such as the breaststroke & butterfly will also be introduced. This class is a great place to start if you’re interested in becoming involved with the Minnetonka Masters Swim Team. Participants of this class will be able to attend Minnetonka Masters practices for a free one week trial. Student to instructor ratio for this class is 1:6. Call Aimee at 952-401-5225 for details or <a href="#">click here</a> to register. | Saturdays,<br>May 7-<br>June 11,<br>9:00 a.m.-<br>9:45 a.m.  |

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## Billing

**INVOICES.** Billing summaries will be sent out prior to the 1<sup>st</sup> of the month. Don’t forget to send in your checks ASAP unless you have a credit card registered with our club. Questions regarding billing should be directed towards [Coach Dan](#).

**OUTSTANDING BALANCES.** If you have an outstanding balance from last season, you will be contacted shortly. Swimmers will be unable to participate in our club if your account continues to have an outstanding balance. Questions regarding your balance should be directed to [Coach Dan](#).

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## Practice Schedule Reminders

**PRACTICE SCHEDULE FOR APRIL 22-23.** Practice will remain as scheduled this holiday weekend.

**PRACTICE SCHEDULE FOR APRIL 30.** On Saturday, March 30 Minnetonka Aquatics will be hosting a Safety Day event. Please note the practice changes for the groups below. All other groups will have practice as scheduled.

| Group               | Time          | Location |
|---------------------|---------------|----------|
| White               | 11:30-1:30 PM | MMW      |
| Dark Blue/Novice 2  | 2:00-3:30 PM  | MME      |
| Light Blue/Novice 1 | 1:00-2:00 PM  | MME      |

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## Upcoming Meets

**TWINVITE.** The first meet of the Long Course Season is the TwinVite at the University of Minnesota on May 7-8. [Meet information and registration](#) is available now.

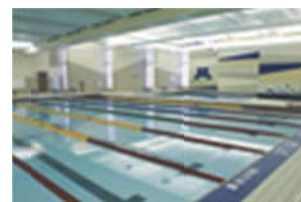
**MINNETONKA IMR CHALLENGE.** On Saturday, May 21 we will be hosting the MTKA IMR Challenge. This is a new meet with opportunities for all swimmers to swim all four strokes and an individual medley. [Job sign-up](#) is available now and athlete sign-up will be available next week!

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### Quote of the Week:

*“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”*  
—Aristotle

### Rent the Pool!



Have your next event at the Minnetonka Aquatics Center! Contact [Coach Ben](#) to reserve the pool for birthdays, graduation parties and more!

If at any time you have questions or concerns, feel free to call our coaching staff at 952-401-5225\*.

### COACH OFFICE HOURS

|                             |                           |               |
|-----------------------------|---------------------------|---------------|
| <a href="#">Coach Dan</a>   | Tuesday, Thursday         | 8:30- 9:30 AM |
|                             | Friday                    | 3:30-4:30 PM  |
| <a href="#">Coach Aimee</a> | Monday, Wednesday, Friday | 1:00- 2:00 PM |
| <a href="#">Coach Zach</a>  | Tuesday, Thursday         | 8:30- 9:30 AM |

*\*Please note that if we are in a meeting or on the other line, the voicemail prompt will go to a Minnetonka School District voicemail. Once the initial message is over you will have an opportunity to select a voicemail box for our staff*

