



Minnetonka Swim Club

5/19/2010

General News

1. This season the Minnetonka Swim Club has initiated **team goals** in order to promote team unity and emphasize important items throughout practices and competitions.

This week's team goal:

**Improve your nutrition by
making one smart choice each day.
Grab some fruit instead of those chips!**

2. **Congratulations to David Plummer!**

This past weekend Minnetonka Swim Club's David Plummer swam at the Charlotte UltraSwim Grand Prix and had some great swims. His 54.50 in the 100 LCM Backstroke placed him in a **tie for third place with Olympic Silver Medalist Matt Grevers** and ahead of Olympic Gold Medalist and World Record Holder Aaron Peirsol. Results, more information about the meet, and videos of David's swim and interview with SwimmingWorld.tv can be on the Web at Events/Past & Archived/

[Charlotte UltraSwim Gran Prix](#). **Way to go David!!**



On the podium:
Michael Phelps, Nick Thoman, Matt Grevers & David

3. **Attention Masters Swimmers:** Don't forget that on Monday, May 17 we began offering **additional Masters swim practices** from 12:00-1:00 PM.

These will continue to be offered each Monday and Wednesday and can count as one of your 3 or 5 practices a week if you are already registered. If you aren't registered the cost is \$3 a practice.



The doors will open at 11:45 AM. Any questions concerning these new workouts should be addressed to [Coach Zach](#).

Practice Changes

4. Depending on the results from this weekend's swim-a-thon there may be practice changes Thursday, May 27. **If we accomplish any of our team goals (raising \$12,000 or more) practices will be changed or cancelled for White, Senior, and Junior that evening.** An email will go out following the Swim-a-Thon this Saturday if practices will be changed. You will also be able to find these changes in next Wednesday's newsletter.
5. Memorial Day Weekend will see SEVERAL changes:
 - a. **Friday, May 28—Novice 1 and Novice 2** will be **combined** from 4:30-5:30 PM at MMW. **Light Blue** and **Dark Blue** will also be combined from 5:30-7:00 PM at MMW.
 - b. **Saturday, May 29—Regular** practices are cancelled. There will be a practice for all 13 and over swimmers from 8:00-9:30 AM and from 9:30-11:00 AM for all 12 and unders.
 - c. **Monday, May 31—There is *no practice for any group on Monday, May 31. Happy Memorial Day Weekend!***
6. Starting with the Summer session on June 14, we have secured **long course pool time at the outdoor Edina Aquatics Center**. All groups will have an opportunity to practice at this facility. Stay tuned for practice changes due to this exciting development.

Upcoming Meets/Events

7. **Results from the WEST Express Spring Opener** are now posted on the [Event](#) page (now found in Past & Archived) and are also accessible via My Meet Results on the website. Invoices including those meet fees will go out on the 21st.



8. Registrations for the [Jump into June TWIN A Meet](#) and [M3F Invitational](#) are now open. A helpful reminder: The TWIN meet is for swimmers with A times or faster. While both meets are held and the U of Minnesota and will be swum in long course, ***short course yards times do count for this meet.*** The M3F Invitational is open to all swimmers. Entries are due Thursday, May 27th (Twin A Meet) and Tuesday, June 8 (M3F Invitational) respectively. Please contact [Coach Dan](#) with any questions.
9. **There are two remaining spots for this weekend's clinic with David (Sunday, May 23).** The available time is from 10:45-12:15. Please let us know ASAP if you would like to sign up.

As David continues to work towards the 2012 Olympics he will be competing in various meets across the country where he will compete against the other top swimmers in the country. This can be quite expensive and the Minnetonka Swim Club would like to do everything they can to help him accomplish his goal.

David also will be running a two-part starts, turns, and underwater technique clinic on Sunday, June 13.

Each day is 90 minutes, the cost of the clinic is \$100, and there is a limit of six people. If additional swimmers are interested, additional sessions will run on those same days. Please email [Coach Dan](#) ASAP to guarantee your spot.

10. Don't forget the Swim-A-Thon is this upcoming Saturday!

We still need some parents/volunteers to help with the Team 3 and Team 4 shifts on Saturday, making pancakes and acting as the DJ. Please see the Job Sign-up on the Web and click on the **Job sign-up** button to volunteer during times when your swimmers are at the pool!

Additionally, as indicated in point 4, if we reach our goal we will have a team party on Thursday, May 27. We will be providing monster pizza...but need families to volunteer fruit, vegetables, and drinks. Please look for a separate e-mail about that, or check the Swim-A-Thon page for updates by clicking on the Title on the Event page that announces [May 22, 2010—Mtka Swim-A-Thon](#).



May 22—Team time slots for swimming

Team 1 --8:30-10:30

Team 2 -- 10:30- 12:30

Team 3 -- 12:30-2:30

Team 4 -- 2:30-4:30

If you are unable to participate during your assigned time, please see your coach.

Good luck to everyone during their final push towards our team and individual goals!

11. The **Spring/Summer meet schedule** is now finalized. Please take a look at the schedule on our website. You can view it under Calendars and General Calendar or under the [Events tab](#). If you have questions regarding meets that your son/daughter qualifies for, please speak with your group coach.

12. **Volunteers for our June 12 intrasquad meet will be needed.** Information is now available on the [Event page](#). We just need a few more timers!

**Thank you,
The Minnetonka Swim Club**

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