



Minnetonka Swim Club

6/9/2010

General News

1. **WEEKLY TEAM GOAL.** 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:

**Technique: Maintain your speed
in and out of EACH turn EACH day.
Focus on important elements
to help you complete this goal, such as:
not breathing in and out of the turn,
not gliding into the turn,
having a strong push off of the wall, and
having a GREAT streamline.**

2. **UP AHEAD: EXCITING NEW CHANGES.** Over the past nine months we have seen some incredible changes take place with our Club, including: claiming a new pool as our home base; growing the numbers of swimmers and coaching staff on the team; being host to multiple events (competitive, developmental, and social); expanding our always-helpful volunteer base through our parents and the Anchor Club; and welcoming the arrival of 2012 Olympic hopeful David Plummer. These changes—and new changes that will continue to take place—create new demands and needs for the Club that will require further modifications to our current club structure.

Some of these changes will be administrative (i.e. our new online credit card system), and some will be designed to maintain necessary coach-to-athlete ratios. Most importantly, our coaching staff is committed to ensuring that the Club's group structure accommodates long-term development plans that are appropriate for all of our swimmers. The group structure must take into account the physical, mental, emotional,



and social factors that will impact a logical progression or path for each swimmer as he or she develops toward his/her goals. Therefore, *beginning in the fall session*, expect some additional modifications in group structure.

Please note that practice times and the current group structure **will not be affected this summer**. Stay tuned, however, for more information about some exciting improvements designed to help your swimmers and our Club achieve success.

3. **ADDITIONAL MASTERS PRACTICES.** **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 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 are open at 11:45 AM. Any questions concerning these new workouts should be addressed to [Coach Zach](#).

4. **CREDIT CARD PAYMENTS ONLINE.** **On Tuesday, June 1 we began accepting credit card payments via the website.** Families will be able to pay for all session registrations, meet fees, and other items included in each monthly invoice. To set up your credit card payments login to your account and select "Setup Auto Pay" under "My Account". Here you will find the information you need. If you have any questions regarding this process please contact [Coach Dan](#).
5. **SUMMER REGISTRATIONS.** The start to our Summer Session is rapidly approaching. **Registrations are now being accepted on our website until June 20. Please register as early in the process as you can.** This helps us to ensure appropriate staffing at all practices. Credit card payments will be accepted on the website.
6. **MAY 21st INVOICES.** Just a reminder that invoices were sent to all families with outstanding balances on the 21st. We have some families who have yet to pay. **Please send in your credit card or check payments ASAP.**



Practice Changes

7. **INTRASQUAD MEET.** This **Saturday June 12**, all practices will be cancelled *except* **Senior Elite**. The meet will begin with warm-ups starting at 9:30, following **Senior Elite** practice.
8. **LONG COURSE POOL TIME/PRACTICES.** **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. Here is an updated schedule:
 - a. **Senior Elite**—Mondays and Wednesdays from 7:15-9:15 PM except June 23 and July 7
 - b. **Senior**—Wednesdays from 7:15-9:15 PM
 - c. **White**—Mondays from 7:15-9:15 PM
 - d. **Novice 1 and 2, Dark and Light Blue, Junior**—June 23 and July 7 from 7:45-8:45 PM

Upcoming Meets/Events

9. **TWIN A MEET.** Congratulations to everyone who competed this past weekend in the TWIN A Meet! Results are now available and can be found under "My Results" once you login to the website.
10. **M3F INVITATIONAL.** Registrations for the **M3F Invitational** are now finalized. More information regarding meet time lines will be available next week. Please contact [Coach Dan](#) with any questions.
11. **INTRASQUAD MEET.** The Minnetonka Swim Club **Intrasquad Meet** is Saturday, June 12. Thursday evening there will be meet programs available on the Event page of our website. **Please note that meet programs will not be available at the meet.** Print your own copy at home to help all of us cut down on costs.

Please arrive 10-15 minutes prior to your group's warm up. Warm-up times are listed below. Please contact [Coach Dan](#) with any questions.



Warm-Ups

- a. **Senior Elite/Senior/White** – 9:30 AM
 - b. **Junior/Dark Blue/Light Blue** – 9:50 AM
 - c. **Novice 1 and 2** – 10:00 AM
 - d. **Sprints** – 10:15 AM
 - e. **Meet Begins** – 10:30 AM
12. **VOLUNTEERS** for our June 12 intrasquad meet have been filled, with the exception of needing one more volunteer to help with concessions.

THANK YOU to all families who are volunteering!

Volunteers, please note: The time of the meet is being moved. Instead of starting at noon, swimmers will warm up beginning 9:30 with the meet starting at 10:30. **All volunteers need to be here by 10:15 AM.** Please contact [Coach Dan](#) or Beth Wyer at beth.wyer@mchsi.com if you have any questions regarding your duties.

13. 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 for which your son or daughter qualifies, please speak with your group coach.

**Thank you,
The Minnetonka Swim Club**

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