

Practice Schedule Changes:

Please note a couple of changes to the October practice schedule posted on the website. During fall break (Thursday and Friday, October 19 & 20) there will be additional morning practices for Senior and Senior Development swimmers (8-10 a.m. @ Brownsburg High School). The evening practice schedule for all groups remains the same. These additional practices will be added to the website ASAP. The other change goes hand-in-hand with ...

UPDATE! Annual Parent Communication Meeting:

... our annual club parent communication meeting. This meeting, **which will be held in the auxiliary gym** at Brownsburg High School on Monday, October 16 (6:30 p.m.), covers a general introduction to all parents – old and new – by the club board members and coaching staff, a review of the volunteer policy and scrip program, and a general question and answer period. On that day, all swimmers (Senior, Senior Development, Gold, Silver and Bronze) will practice together from 5 to 6:30 p.m. Senior and Senior Development swimmers should still report at the regular time for dryland (3:30 p.m.). Following practice, all swimmers are invited to attend a **caramel apple party** in the pool classroom, while the parents adjourn to the communication meeting. Please note that the Novice Group will still practice that night at their usual time (6:30 to 7:30 p.m.). All Novice parents are invited and encouraged to attend the communication meeting, and all Novice swimmers are invited and encouraged to attend the **caramel apple party** following their practice. A flyer for the **caramel apple party** was distributed via blast e-mail last week. If you did not receive this flyer, please contact me ASAP. We hope to see as many parents as possible at the meeting!

Friday Practice / Homecoming:

One final practice note to communicate. Due to homecoming festivities this Friday, there will be no practice at Brownsburg High School. **However, there will be practice for all training groups at Ben Davis on Friday** (5:30-7 or 7:30 p.m.). There is still practice Saturday morning (8-10 a.m.) for all Senior and Senior Development swimmers at Brownsburg High School, and the regular practice schedule resumes on Monday.

UPDATE! Southeastern Swim Club Meet:

We have been accepted to the Southeastern Swim Club “Swim Fest” (October 13-15 @ IUPUI) and a **final draft** of our entries has been posted on the Swim INDY website. There are two very important items to pass on about this meet. **First, the host club has changed warmup times (made them earlier) for the afternoon sessions on Saturday and Sunday (13&Over swimmers).** Warmups will now begin not before 11 a.m., and the meet will start not before noon. Also, please note that **relays have been entered wherever possible for 10&Under, 11-12 and Senior girls, and 13-14 and Senior boys.** If relays were not entered in a particular age group, it was due to the fact that less than 4 swimmers in that age group entered the meet. Relay assignments will be made at the meet by the coaching staff, and communicated to the swimmers as early as possible prior to the relay events.

UPDATE! Avon Dual Meet and Noblesville Invitational:

Online signups are still open for both the Avon dual meet (October 28 @ Avon High School) and the Noblesville Invitational (November 10-12 @ Noblesville High School). The signup deadline for the Noblesville Invitational is this Thursday. **Warmups for the Avon dual are scheduled for 8 a.m.,** with the meet starting at 9 a.m. Also, an order of events has been finalized and will be posted on the club website ASAP. Meet information for the Noblesville Invitational has been posted on the website. **All swimmers are encouraged to participate in both of these meets,** and high school swimmers should note that you are allowed to participate in these meets also – without using an IHSAA waiver – as both come before the first high school meets of the season.

Team Social:

As mentioned in last week's blast, **a team social is planned for Saturday, October 28, following the Avon dual meet.** Several details are still being finalized, but the social will take place at the home of assistant coach Linda Partlow, and will feature seasonally appropriate activities including pumpkin carving, marshmallow roasting and more. A flyer with the full, finalized details – and a request for pitch-in items – will be distributed ASAP. But we hope to see all of you racing hard at the dual meet, then enjoying some time away from the pool later that evening!

Congratulations:

And finally – last but most certainly not least – a big congratulations to Swim INDY athlete **Valerie Jones.** Valerie was recently named to the 2005-2006 United States Swimming Scholastic All-American team. The Scholastic All-America program recognizes high school athletes who maintain at least a 3.5 GPA, and participate in a Speedo Sectional, U.S. Junior National, U.S. Open or U.S. National championship meet. Great job, Val, and keep up the good work!

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