

November 29, 2010

Hello Penguins!

I hope everyone had a wonderful and safe Thanksgiving! I am sure we all had our fair share of feasting and good times with friends and family. It was a well deserved break for everyone!

Now it's back to work as we get ready for our next swim meet Dec 4 in Marshalltown. Warm-ups start at 9:00 am so I would like everyone there no later than 8:30. The meet starts at 10am. It will be nice having a meet closer and not on a Sunday, so I am expecting a great turn out buy the Penguins! It is important for those who have never swam at a meet to participate at a meet soon, so we know specifically what needs to be worked on. This is still an early season meet so we as coaches may push swimmers in events that may not be there best. It is important that we all show up to do our best to set a bench mark that we can improve on.

Monday (Nov. 29) night is the last night to register for the swim meet. If you have registered and have run into a conflict, it is very important that you let Coach Rachel or myself know as soon as possible. That way we can adjust and avoid dropping whole relays just because some one did not show up.

I look forward to this week at practice as we continue our conditioning while striving for excellent technique. It is very important that all the swimmers continue to bring water to practice. This will help your performance dramatically. If you don't have a water bottle, a simple sports drink bottle can be used time and time again.

Marshalltown meet info: Marshalltown Community Y  
Horne-Henry Center Swim Natatorium  
108 Washington Street  
Marshalltown, IA 50158

(The address is 108 Washington Street; however, the building is located directly behind the previous Y facility that has an address of 705 Center Street. The Community Y is due west of the Center Street viaduct.

Warm ups at 9, meet starts at 10. If you end up with a conflict please notify one of the coaches ASAP please.

Starting Tuesday November 30 to December 6 you can sign up for the December 11 home meet. We encourage all swimmers to attend our first home meet! ☺

Swim Fast!!

Coaches