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Newsletter for Monday, June 7, 2010



Happy birthday wishes to: Ashley Haddad and Maya Stang!!!

Practice Plans

Frankfort:

This week – No practice on Friday evening, June 11th or on Saturday afternoon, June 12th due to our participation in the Elizabethtown swim meet. Practice will be held Monday through Thursday evenings starting at 7:30 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M.

Next week – Regular practice schedule of Monday through Friday evenings at 7:30 P.M. and on Saturday at 3:00 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M.

Note: We will start morning practices at Juniper Hills pool on Monday morning, June 14th at 7:00 A.M. The weekly schedule on these practices is Monday through Friday mornings at 7:00 to 8:40 A.M. and we have these practices until Wednesday, July 21st. These practices are intended for our swimmers who are actively competing at long course swim meets. Please contact Coach Marvin if you have questions about participating in these practices.

Versailles:

This week – No practice on Friday afternoon, June 11th or on Saturday afternoon, June 12th due to our participation in the Elizabethtown swim meet. Practice will be held on Monday, Tuesday, and Thursday afternoons starting at 3:45 P.M.

Next week – Practices are Monday, Tuesday, Thursday, and Friday afternoons at 3:45 P.M. and on Saturday at 12:15 P.M.

E-town Summer Classic / June 11 - 13, 2010 / Elizabethtown, KY

This is a timed-final meet held at the E-town Swim and Fitness Center at 3026 Ring Rd. (Elizabethtown, 42701) - just off Mulberry Street after you pass under the railroad bridge. Mulberry St. is US 62. Swimmers may compete in as many as 4 individual events per day and costs are \$4.00 per individual event and \$1.50 per swimmer KY Swimming surcharge. A \$2.00 per day spectator admission will be charged for ages 11 & over. Heat sheets will be sold for \$6.00 that contains the entire meet.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Friday afternoon	4:00 P.M.	5:00 P.M.
	(400 IM for 13 & over; 400 free for 11-12; and 800 free for 13 & over)		
	Saturday morning	7:00 A.M.	8:00 A.M.
	(13-14 and 15 & over 200 free, 100 breast, 200 back, 50 free, 100 fly, and 1500 free)		
	Saturday afternoon	not before Noon.	not before 1:00 P.M.
	(11-12 and 10 & under 200 free, 100 breast, 50 back, 100 fly, and 50 free)		
	Sunday morning	7:00 A.M.	8:00 A.M.
	(13-14 and 15 & over 200 IM, 100 back, 200 breast, 100 free, 200 fly, and 400 free)		
	Sunday afternoon	not before Noon.	not before 1:00 P.M.
	(11-12 and 10 & under 200 IM, 50 breast, 100 back, 50 fly, and 100 free)		

Motels: The following motels are located on or just off Mulberry St. and are very close to the pool:

Baymont Inn (270)769-9616	Best Western (270)769-3030	Comfort Inn (270)765-4166
Country Hearth Inn (270)769-2344	Days Inn (270)769-5522	Fairfield Inn (270)769-1440
Hampton Inn (270)765-6663	Holiday Inn Express (270)769-1334	

Howard Johnson (270)769-9616
Ramada Ltd. (270)769-9683

LaQuinta Inn (270)765-4747
Super 8 (270)737-1088

Motel 6 (270)769-3102

New meet entry reports with directions to the pool are printed and placed in the swimmer's folders at swim practice. Thank you!

Brent Cochran Invitational / June 26 – 27, 2010 / Campbellsville, KY

This meet is a two day timed-final format at the 7-lane, 50 meter outdoor Miller Park pool located on Old Lebanon Road in Campbellsville, 42718. Swimmers may be entered into as many as 5 individual events per day and the costs are \$3.50 per individual event and the \$1.50 per swimmer KY Swimming surcharge. The meet information states that no admission will be charged and a heat sheet for the weekend will be for sale at \$7.00 each.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Saturday morning (100 free, 200 back, 100 breast, 200 fly, and 50 free for open and 13-14; 100 free, 50 back, 100 breast, 50 fly, and 50 free for 11-12, 9-10, and 8 & under)	7:30 A.M.	8:30 A.M.
	Saturday afternoon (400 IM then 800 free for open and 13-14 and 200 IM for 11-12, 9-10, and 8 & under)	following session 1	not before 12:30 P.M.
	Sunday morning (200 IM, 200 free, 100 back, 200 breast, and 100 fly for 13-14 and open; 200 free, 100 back, 50 breast, and 100 fly for 8 & under, 9-10, 11-12)	7:30 A.M.	8:30 A.M.
	Sunday late morning (1500 free for open and 13-14)	following session 3	not before 12:30 P.M.

The pool is an approximate 75 minute commute from Versailles and Frankfort. If you are interested in a motel, the following two were listed in the meet info:

Best Western 270-465-7001 Holiday Inn Express 1-888-465-2727

Please contact me at swimmarv@windstream.net by *this Friday, June 11th* to sign your swimmer up to participate in this meet. Thank you!

Frankfort Classic / July 9 – 11, 2010 / Frankfort, KY

Other than the deletion of the separate 8 & under session on Saturday, this meet mirrors last year's offering. This meet will be a timed-final meet with events for the 10 & under, 9-10, 11-12, 13-14, 15 & over, and Open age-groups at the 50 meter Juniper Hills Pool in Frankfort. Swimmers may be entered into as many as 5 individual events per day (plus potential relay swims) and the costs are \$3.50 per individual event plus \$1.50 per swimmer KY Swimming swimmer surcharge and a \$1.00 per swimmer FAST surcharge. The meet information state that there will be a \$5.00 per person admission charge to the spectators and that includes the price of the heat sheet. Heat sheets will be made available after the sign-in sheets have been received by the computer operator and the seeding of each session has been completed.

<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
Friday Evening, July 10 (13-14 and open 400 free, 100 breast, 200 fly, 10 min break, 100 free, 200 back, 200 IM)	7:00 P.M.	8:00 P.M.
Saturday morning (11-12 and 10 & under 200 free, 50 breast, 100 fly, 50 free, 100 back, and 200 IM)	8:00 A.M.	9:00 A.M.
Saturday afternoon (open 1500 free)	tentatively 3:00 P.M.	tentatively 4:00 P.M.
Saturday evening (13-14 and open 400 IM, 50 free, 200 breast, 100 back, 200 free, and 100 fly)	6:00 P.M.	7:00 P.M.
Sunday morning (12 & under 400 free; 11-12 and 10 & under 100 breast, 50 back, 100 free, and 50 fly)	8:00 A.M.	9:00 A.M.

Please contact me at swimmarv@windstream.net by *Friday, June 18th* to sign-up to participate in this meet.

Remaining 2010 Long Course Meet Schedule

<i>Date</i>	<i>Meet</i>	<i>Location / Host</i>
July 15 - 18	Speedo Sectional Championship <i>(must achieve Eastern Sectional qualifying time)</i>	Athens, GA / USA Swimming
July 16 - 18	B meet and 8 & under Championship <i>(age 9 & over swimmers can only be entered into events that they have not achieved an 'A' championship qualifying time during the current eligibility time frame)</i>	Louisville, KY / KY Swimming
July 22 - 25	State A Championship meet <i>(age 9 & overs who have achieve 'A' championship qualifying times)</i>	Elizabethtown, KY / E-town Swim Team