



January 8, 2008

Dear Middies Parents and Swimmers:

We hope that everyone had the happiest and healthiest holiday season. As the swimmers return to school and we resume our normal schedule, there are numerous items to address looking forward to the second half of the short course season.

On behalf of the entire coaching staff, I would first like to thank all of you for the kindness and generosity extended through the many blessings and gifts bestowed upon us. For myself, I was overwhelmed by the gestures while filled with the holiday spirit of being part of such a genuine Middies family. No thank you can ever repay the open arms you have all extended.

A special thanks to Mrs. Cheryl Vasudevan for putting together the Christmas gatherings on Thursday and Friday, December 20th and 21st. The children really had fun and we could not have pulled it off without Mrs. V's hard work and efforts.

Through December we attended three meets that saw countless achievements and improvements from all swimmers involved. As a staff, we felt that many swimmers gained a ton of confidence and really started to buy into the belief that they can not only reach their personal goals, but start to look beyond them. As we returned to practice over the break and increased the daily workload, this positive mindset was more than evident and the team energy is at its highest so far this year.

Building off of this heightened energy, we are very excited to be entering into our January and February meets that prepare all swimmers for their championship run. Below is an outline of all meets from now until the first weekend in April. There have been a few changes from our initial meet calendar which will not only appear on our updated meet page, but also on the calendars provided on the practice page of our web site.

Asphalt Green Martin Luther King Jr. Invitational (NY City)

Saturday, January 19 - 13 & Over - 2:00 PM Warm-up

Sunday, January 20 - 13 & Over - 9:15 AM Warm-up

Sunday, January 20 - 12 & Under - 2:00 PM Warm-up

Middies Martin Luther King Jr. Meet (YWCA)

Monday, January 21 - 9&10's and 11&12's - 8:00 AM Warm-up

Monday, January 21 - 8 & Under - 1:00 PM Warm-up

Condors Winter Wonderland 10 & Under Meet (Felix Festa - Nyack)
Saturday, January 26 - 10 & Under - 8:00 AM Warm-up
Sunday, January 27 - 10 & Under - 8:00 AM Warm-up

NY Sharks Last Chance Meet (Felix Festa - Nyack)
Saturday, February 9 - 13 & Over - 7:30 AM Warm-up
- 12 & Under - 1:30 PM Warm-up
Sunday, February 10 - 13 & Over - 7:30 AM Warm-up
- 12 & Under - 1:30 PM Warm-up

Badger IMX Challenge Trophy Meet (Lehman College - Bronx NY)
Saturday, February 16 - 13 & Over - 1:30 PM Warm-up
Sunday, February 17 - 12 & Under - 8:00 AM Warm-up

After the Badger IMX Meet, we will then follow the championship meet schedule of Metro Swimming:

Senior Mets - February 21-24 at Lehman College
Silvers - February 29-March 2 at Viking Aquatics in Montgomery NY
Sectionals - March 6-9 at Eisenhower Park in LI
8 & Under Champs - March 8-9 at Lehman College (All 6-8 year olds attend)
Junior Olympics - March 28-30 at Eisenhower Park in LI
Sun-Kissed Invitational - April 3-6 in North Carolina
Age Group Champs - April 4-6 at Felix Festa in Nyack

After every meet in January and February we will be updating the list of swimmers who qualify for each of these championship meets. In order to aide in following your own times and the standards for these meets, please check the meets page of the web site and we have provided the Metro and Sun-kissed standards at the top of the page.

As you can see, the schedule from now until the first week of April is very busy, but it is also the most exciting time for all swimmers. There are many challenges set forth for everyone and we are looking forward to an amazing second half of this season.

Sincerely,

The Middies Coaches