



THE WHALE TALE

Live Slow Swim Fast

July 2011

Splash and DASH

Website:
www.vsaswim.org
Facebook:
Vicksburg Swim
Association
Twitter:
Vicksburg_Swim

It is time to splash and dash for your last chance at a state meet qualifying time. Our Last Chance Meet is scheduled for Saturday, July 9. Warm ups begin at 8 a.m. and the three session meet begins at 9 a.m. All VSA swimmers are invited and encouraged to attend. It is an opportunity for our swimmers to “race” without all of the expenses of traveling. The invite can be found on our website (www.vsaswim.org). All meet entries are due to Coach Mixon by Wednesday, July 6.

Dates to Know:

- Tues., July 5—
Coach Mixon’s
Birthday
- Wed., July 6—
Last Chance Meet
Entries due to
Coach Mixon
- Sat., July 9—
Splash and Dash
Last Chance Meet
- Thurs., July 21 &
Fri., July 22—
Practice Cancelled
due to State Meet
- Thurs., July 21—
Sun., July 24—
Long Course State
Championship
Cleveland, MS
- Sat., August 27—
Gator Bait @ Eagle
Lake Tri and Open
Water Swim

Gator Bait Tri & Open Water Swim

With August just around the corner, we start thinking about school supplies, uniforms, and the *Gator Bait at Eagle Lake*. This year, in addition to our successful Open Water Swim, we are organizing an Olympic distance triathlon. An Olympic distance triathlon includes a 1.5k swim, 40k bike, and 10k run. Parents and Swimmers — spread the word. The Gator Bait Tri and Open Water Swim is scheduled for Saturday, August 27. Registration for the 1/4 mile, 1/2 mile and 1 mile Open Water Swim is available on ACTIVE.COM. Registration for the triathlon is available on imATHLETE.COM. Check out our website for more information.



SWIMMER OF THE MEET

Our Swimmer of the Biloxi Splashin’ the Coast Swim Meet was

DAVID OSBURN

Congratulations David!
Keep up the great work.

Nutrition Corner

Why stretch? Stretching prevents injury, helps a swimmer hold better technique, makes a swimmer faster, and makes a swimmer more efficient. You should stretch after a 10 minute warm up or at the conclusion of your workout. Don’t rush your stretching and never force a movement or hold a position if you feel pain.

Happy Birthday Coach Mixon!

Stamm Family Invitational

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Thank you for everyone's hard work during our three day Stamm Family Invitational. Despite the ridiculous heat, our meet ran smoothly and was a great success. Congratulations to our very own Bree Butler and Carter Dickey for achieving high points in our Short Course Meet!



Congratulations to all of our swimmers for setting new marks!

