



# THE WHALE TALE

Live Slow Swim Fast

September 2011

Website:  
[www.vsaswim.org](http://www.vsaswim.org)  
Facebook:  
Vicksburg Swim  
Association  
Twitter:  
Vicksburg\_Swim

## Dates to Know:

**Friday, Sept. 9—**  
No practice—VHS game

**Tuesday, Sept. 13—**  
Parent Meeting @ City  
Pool—5:30 p.m.

**Friday, Sept. 16—**  
**Sunday, Sept. 18—**  
Sunkist Short Course  
Classic (no practice on  
Friday)

**Tuesday, Sept. 27—**  
Entries for Makos Fall  
Invitational due to Coach  
Mixon

**Friday, Sept. 30—**  
No practice—VHS game

**Friday, Oct. 7—**  
**Sunday, Oct. 9—**  
Makos Fall Invitational  
(no practice on Friday)

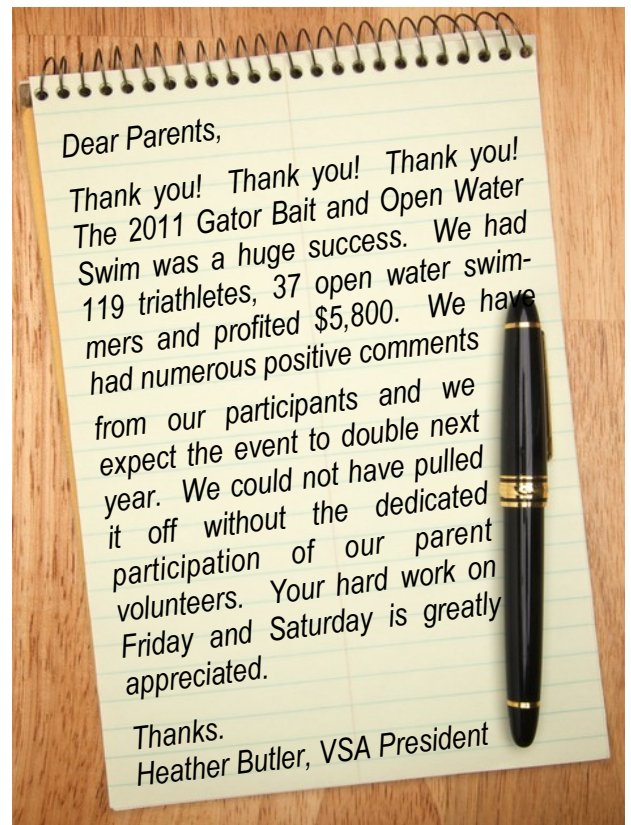
## Welcome Matthew Hilton

A big **Killer Whale** welcome goes out to our new Assistant Coach Matthew Hilton. Matthew swam for MS Makos until he was 15 years old and he also swam for Brandon High School. For those of you who have attended Long Course State, you may remember his name listed on the heat sheet for holding state records in the 100 Back and 50 Fly! Matthew moved from Jackson and will be attending Hinds Community College in January. He can be reached via email at [matthewhiltonvsa@gmail.com](mailto:matthewhiltonvsa@gmail.com). We are so excited to have Matthew join our coaching team.



## GATOR BAIT T-SHIRTS FOR SALE \$12

Only Large Size Available  
Contact Heather Butler



## Makos Fall Invitational

is scheduled for October 7–9 at the Lakeland Courthouse pool. This is another great short course meet for our swimmers as Flowood is just a quick drive from Vicksburg. Check out the meet invite on our website. Please let Coach Mixon know by Tuesday, September 27 if you will be attending and which events you would like to participate in. Let's support VSA and bring a big group of Killer Whales to this fun meet.

## Friday Night Practice

During football season, VSA will not practice on Friday nights when Vicksburg High School plays at home due to parking issues and high traffic. Dates are listed under *Dates to Know*.

## Parent Meeting

City Pool  
 Tuesday, Sept. 13  
 5:30 p.m.

## Got Gear?

To get the most out of practice, it is important that swimmers arrive with the appropriate gear **everyday**.

The gear needed for each swimmer varies on the pod level. Below is a quick run down of requested gear.

**Kickboard:** Swimmers of all levels use kickboards to help strengthen their core muscles.

**Fins:** Swimmers use fins to improve kick strength, ankle flexibility, and body position.

**Pull buoys:** Pull buoys assist a swimmer in having a good body position. They raise a swimmer's hips if they sink or are too low.

**Snorkels:** Snorkels improve a swimmer's body alignment technique as they are designed so that swimmers can keep their eyes looking on the bottom of the pool without moving their head and throwing their body out of line.

**Paddles:** Hand paddles are used to strengthen a swimmer's shoulders.

Gear can be purchased on the VSA store at the All American website — available in the next couple of weeks. Please contact Coach Mixon if you have any questions.

**White Pod**  
 Goggles  
 Fins  
 Kickboard

**Black Pod**  
 Goggles  
 Fins  
 Kickboard  
 Pull buoy  
 Water bottle

**Bronze Pod**  
 Goggles  
 Fins  
 Kickboard  
 Pull buoy  
 Water bottle

**Silver 2 Pod**  
 Goggles  
 Fins  
 Kickboard  
 Pull buoy  
 Snorkel  
 Water bottle

**Silver Pod**  
 Goggles  
 Fins  
 Kickboard  
 Pull buoy  
 Snorkel  
 Paddles  
 Water bottle

**Gold Pod**  
 Goggles  
 Fins  
 Kickboard  
 Pull buoy  
 Snorkel  
 Paddles  
 Water bottle