



THE WHALE TALE

Live Slow Swim Fast

October 2011

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

Dates to Know:

Fri., 10/7 — No Practice
due to Makos Meet

Fri., 10/7 to Sun., Oct. 9—
Makos Meet @ Lakeland
Courthouse

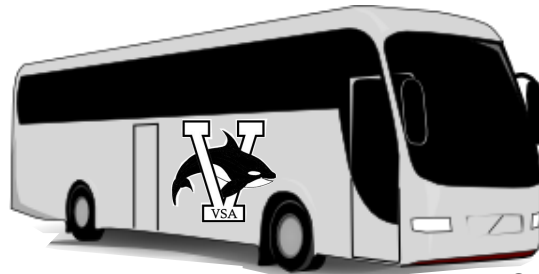
Mon., Oct. 10 — New Fall/
Winter Practice Schedule in
Effect

Tues., Oct. 25—
Halloween Party @ YMCA
@ 6 p.m.

Mon., Oct. 31 — USA
Swimming Athlete Forms
Due to Sabrina

Sun., Nov. 13 — VSA
Annual Banquet @ 6 p.m.
@ St. Michael's Church

Sat., Nov. 19 —
SWAT One Day
Meet



Get on the Bus

one day 2011

VSA is getting on the bus...the bus to Starkville. Mississippi Shockwave Aquatic Team is hosting the Coca Cola Fall Invitational at the MSU Natatorium on November 19 and VSA is taking a bus full of swimmers and supporters. Our team did such a great job selling Mixed Bags that VSA is supplementing the cost of a charter bus for our swimmers and family members. The cost per seat will be \$15 and the first 54 people are guaranteed a seat. Swimmers under 11 years old must be accompanied by an adult. To sign up, please complete and sign the charter bus signup form on our website and email to Ana Clark by November 4. For more information on the swim meet, check out the invite on our website.

Our Grape Swimmers of the Sunkist Short Course Classic

were

Scott Wallace & Rachael Runnels

Congratulations Scott and
Rachael!

Keep up the grape work.



We Need You

Parents - Do you want to contribute to VSA's success? Have you been a part of VSA for two years? If so, VSA needs YOU. We are looking for a few great parents to serve on the VSA Board of Directors. Please contact Heather Butler for more information.



Athlete Forms Deadline

It's that time of year when USA Swimming forms are due. Please download your form today at www.vsaswim.org. Completed forms are due to Sabrina with a \$54 check made out to Mississippi Swimming before October 31. Our club code is VSAI and please don't forget to sign the form. As a reminder, all swimmers must submit a completed form by the due date in order to be eligible for swim meets. Don't delay...submit your form today!



The cooler Fall weather may be a nice change from the hot humid Mississippi Summer but the pool is getting too cold. VSA is moving to it's Fall/Winter practice schedule beginning Monday, October 10. As we move indoors, please remember to talk to your swimmers about indoor etiquette.

- Sign in at the YMCA front desk.
- No running on the pool deck.
- No playing in the restrooms. Be mindful that we are sharing the restrooms with YMCA members. Get dressed quickly and quietly.
- Do not use the YMCA towels. Please bring your own towels.

Please review the schedule below. If you have any questions about which pod you are in, please ask Coach Mixon.

Monday	Tuesday	Wednesday	Thursday	Friday
Wyatt's Gym	YMCA	Wyatt's Gym	YMCA	YMCA
4 p.m. – 5:30 p.m.	5 p.m. – 6 p.m.	4 p.m. – 5:30 p.m.	5 p.m. – 6 p.m.	6 p.m. - 7:30 p.m.
All Pods	White & Black Pods	All Pods	White & Black Pods	Bronze, Silver, Silver 2, & Gold
Wyatt's Members Only	6 p.m. – 7 p.m.	Wyatt's Members Only	6 p.m. – 7 p.m.	
	Bronze Pod		Bronze Pod	
	Dryland - Silver, Silver 2, & Gold Pods		Dryland - Silver, Silver 2, & Gold Pods	
	7 p.m. – 8:30 p.m.		7 p.m. – 8:30 p.m.	
	Silver, Silver 2, & Gold Pods		Silver, Silver 2, & Gold Pods	

Please join us for the
VSA HALLOWEEN PARTY
TUESDAY OCTOBER 25
6 PM. @ YMCA

We'll have pizza and treats. Bring your carved pumpkin for the Pumpkin Carving Contest. VSA team spirit is encouraged!

You are invited to the
VSA Annual Banquet
Sunday, November 13 @ 6 p.m.
St. Michael's Catholic Church

Awards will be given to swimmers participating in the 2010 short course and 2011 long course seasons. All swimmers and family members are invited to join us for great food, fellowship and fun. Swimmers will take their team picture during the parents' meeting when our new board will be voted on.