

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***October 14, 2018***

**Team Pictures**

The individual and team pictures taken last Tuesday and Thursday are up for viewing and ordering online at <https://omgphotosb.shootproof.com/irishaquatics>. Please place orders by October 17 if you wish to purchase any pictures. Orders will be available for pickup on October 30.

**Group Notes**

*All Groups*

As the temperatures start to drop, swimmers should be dressing appropriately for the weather. Every year, we see swimmers walking out into the snow after practice in shorts and sandals. While we are not quite to the snow yet, it will not be far off and we do not want to see anyone dressed for the beach while walking out into freezing temperatures. Please be sure that all swimmers have appropriate clothing for the weather.

*Bremen HS Group*

This week will be the last week for the high school group practices at 3:30 on Monday, Wednesday and Friday and 5:45 AM Tuesday and Thursday due to the start of the girls high school season. The high school aged boys are welcome to attend at the 6:00-8:00 PM practices starting Monday, 10/22 until the boys season starts on 11/5.

*SB Silver*

Silver swimmers are reminded to bring their equipment bags and water bottles to every practice! Also, bring dryland clothes for practices on Tuesday, Thursday and Friday.

*SB Gold*

The Gold group will have dryland on Wednesday this week at Beacon from 5:00-6:00 PM. For those who are unable to make it to that practice, there will be a dryland offered at ND from 6:00-6:30. Please wear appropriate clothing and footwear for the dryland workout. The water portion of practice will begin at 6:30.

**Swimmer of the Meet – NCISC Sprint Meet**



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Our inaugural effort at our new method of awarding the swimmer of the meet through our Facebook and Twitter pages worked great. Thank you to everyone who participated! After the votes were tallied, Grace DeFreez came out on top with 47% of the votes. Congrats to Grace, Luke, Joshua and Isabella on a great first meet. Keep up the good work!

**Meet Information – IA Fall Pentathlon**

* This Sunday’s meet will be held at Rolfs Aquatic Center
* Warm Up: 9:00-9:45 AM. All groups will warm up at the same time. Swimmers should be signed in and on deck by 8:45 AM.
* The meet will begin at 10:00 AM and should last around 3 hours.
* Swimmers will wear their gray *Swim.Fight.Win!* t-shirts on deck and their blue Dolfin team cap for races.
* If your swimmer is not signed up for the meet and would like to attend, please contact Coach Ben ASAP so we can get the entry updated.

**Meet Information – FAST Monster Splash**

* *Where:* Fishers High School Natatorium, 13000 Promise Rd., Fishers, IN 46038
* *Warm Up:* 11 & Over – 6:45-7:45 AM, meet starts at 8:00 AM. 10 & Under – 12:00-12:45 PM, meet starts at 1:00 PM. Swimmers should be signed in and on deck ready to go 15 minutes prior to the scheduled warm up start time.
* Swimmers will wear their gray *Swim.Fight.Win!* t-shirts on deck and their blue Dolfin team cap for races.

**Meet Information – PRO Superstar Invitational**

* *Where:* Penn High School, 56100 Bittersweet Rd., Mishawaka, IN 46545
* *Warm Up:* 10 & Under – 7:00-7:45 AM, meet starts at 8:00 AM. 11 & Over – 12:00-12:45 PM, meet starts at 1:00 PM. Swimmers should be signed in and on deck ready to go 15 minutes prior to the scheduled warm up start time.
* Swimmers will wear their gray *Swim.Fight.Win!* t-shirts on deck and their blue Dolfin team cap for races.

**Apparel Pick Up**

The apparel orders placed a few weeks ago will be ready for pick up soon. Please watch your email for details in the coming week.

**Birth Certificate Requirement**

If your swimmer is new to the program and has not competed for another team within IN Swimming before, we will need a copy of his/her birth certificate or passport. This can be sent via email, text, or by a physical copy sent into practice to Coach Matt [mdorsch@gmail.com](mailto:mdorsch@gmail.com), (248) 321-7845. This is a requirement of IN Swimming for a 1-time verification of the swimmer’s date of birth. Any swimmer not supplying the document and competing in a meet will be assessed a $100 fine by IN Swimming though the club.



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**Upcoming Deadlines**

The deadlines for the FAST Monster Splash, IA Fall Pentathlon, PRO Superstar Invitational, and MLA Fall Invitational have passed. If you wish to enter any of these meets, please contact Coach Ben ASAP.

* Monday, October 22 – IA vs WWST Dual Meet (Meet Date: October 27, Bremen High School)
* Wednesday, October 24 – PAC Sharkfest (Meet Date: November 10-11)

**Upcoming Events**

* October 14 – IA Fall Pentathlon, Rolfs Aquatic Center
* October 20-21 – FAST Monster Splash, Fishers HS
* October 20-21 – PRO Superstar Invitational, Penn HS
* October 27 – Dual meet with WaNee Waves, Bremen HS
* November 3-4 – MLA TYR Fall Invite (Prelim/Final), Holland, MI
* November 10 – PAC Sharkfest, Culver Academies (Developmental meet)
* December 1 – WWST Santa Swim, Northwood HS (Developmental meet)
* December 5-8 – Winter Junior Championships, Greensboro, NC
* December 7-9 – BA Winter Champions Classic (Prelim/Final), Purdue University
* December 15 – Candy Cane Dual, Munster HS

**Practice Schedule**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **10/15** | **Tuesday**  **10/16** | **Wednesday**  **10/17** | **Thursday**  **10/18** | **Friday**  **10/19** | **Saturday**  **10/20** | **Sunday**  **10/21** |
| **Green** | 6:00-7:00 PM  *@ Rolfs* | 6:00-7:00 PM  *@ Rolfs* | 6:00-7:00 PM  *@ Rolfs* | 6:00-7:00 PM  *@ Rolfs* | No Practice | FAST Monster Splash | |
| **SB Bronze** | 6:00-7:30 PM  *@ Rolfs* | 6:00-7:30 PM  *@ Rolfs* | 6:00-7:30 PM  *@ Rolfs* | 6:00-7:30 PM  *@ Rolfs* | No Practice |
| **SB Silver** | 6:00-8:00 PM  *@ Rolfs* | 6:00-8:00 PM  *@ Rolfs*  Dryland | 6:00-8:00 PM  *@ Rolfs* | 6:00-8:00 PM  *@ Rolfs*  Dryland | 6:00-8:00 PM  *@ Rolfs*  Dryland |
| **SB Gold** | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:30 PM  *@ Rolfs* | 5:00-6:00 PM  *@ Beacon*  6:00-8:30 PM  *@ Rolfs*  Dryland | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:00 PM  *@ Rolfs* |
| **Bremen Bronze** | 6:00-7:30 PM  *@ Bremen HS* | 6:00-7:30 PM  *@ Bremen HS* | 6:00-7:30 PM  *@ Bremen HS* | 6:00-7:30 PM  *@ Bremen HS* | No Practice |
| **Bremen Silver/Gold** | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* |
| **Bremen High School** | 3:30-5:30 PM  *@ Bremen HS* | 5:45-7:15 AM  *@ Bremen HS* | 3:30-5:30 PM  *@ Bremen HS* | 5:45-7:15 AM  *@ Bremen HS* | 3:30-5:30 PM  *@ Bremen HS* |

\* The dryland practices at Beacon are offered for swimmers in the Silver and Gold/High School groups (except for the Bremen HS Prep group) at the Beacon Sport Performance Center, located inside the Beacon Health and Fitness Center – Mishawaka, located at 52031 Beacon Parkway in Granger. To be eligible for the dryland practices, the swimmer must turn 11 years old before the start of the Divisional Meet (March 1, 2019).