

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***October 21, 2018***

**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 Monday starts the girls high school season. The high school group practices at 3:30 on Monday, Wednesday and Friday and 5:45 AM Tuesday and Thursday are no longer available. The high school aged boys are welcome to attend at the 6:00-8:00 PM practices from now 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 – IA Fall Pentathlon**

The voting for the Swimmer of the Meet for the IA Fall Pentathlon gathered 434 votes! Congrats to David Fulcher, who earned over 71% of the total votes to win the Swimmer of the Meet award for the meet. David had a phenomenal meet, where he dropped time in his 50 Free and 50 Back, as well as competing in the 50 Breast, 50 Fly and 200 IM for the first time. David has been working incredibly hard since moving up to the Gold group and has continually taken the feedback given to him and applied it to his practice swimming, which showed in the meet. Congratulations too all of our nominees and to David for taking home the Swimmer of the Meet honors!

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**Meet Information – IA vs WWST Dual Meet**

This coming Saturday, we will be hosting a dual meet vs the WaNee Waves Swim Team at Bremen High School. Warm up will begin at 10:00 AM and the meet will begin around 11:00. We will need assistance with timing and clerk of course for the young swimmers, so if your swimmer is swimming in the meet, please be ready to help us out! The meet should last only a couple of hours and is meant to be a relaxed and fun atmosphere for both veteran and new swimmers to come together for a chance to race.

Swimmers should wear their gray *Swim.Fight.Win!* t-shirt and their blue Dolfin team swim cap. If your swimmer is not entered in the meet and they would like to swim, just let Coach Ben know! We can still get swimmers into the meet!

**Pizza Night and ND vs Purdue**

This Friday, there will not be regularly scheduled practice in South Bend due to the first ND home meet of the season. The college dual meets are always fun to watch as there is some very fast swimming and a great competitive atmosphere. We are looking to have a large group of IA swimmers in the stands at the meet cheering on the Fighting Irish as they take on the Boilermakers. We have organized a pizza night to coincide with the dual meet. The pizza will be served at 4:30 PM in the Monogram Room in the Joyce Center (we are still awaiting confirmation on the availability of the Monogram Room, but we will pass along alternate details if the plans change). After the pizza dinner, we will head into the stands to cheer on our counterparts from the University. All family members are welcome as well as the swimmers. Please be sure to RSVP for all who will attend the dinner so we make sure we have enough food! All attendees should wear IA or ND gear to show our support.

**Apparel Pick Up**

The apparel orders placed a few weeks have been delivered and most were picked up last week. The Bremen location orders will be dropped off with Coach Katie this week and can be picked up from her at practice.

**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, (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**

* 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 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**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday****10/22** | **Tuesday****10/23** | **Wednesday****10/24** | **Thursday****10/25** | **Friday****10/26** | **Saturday****10/27** | **Sunday****10/28** |
| **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 PracticePizza Night@ NDND vs Purdue Dual Meet*@ Rolfs Aquatic Center* | Dual Meet vs WWST*@ Bremen HS* | No Practice |
| **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 | No Practice |
| **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* | No Practice |
| **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 | 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* | No Practice |
| **Bremen High School** | 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* | No Practice |

\* 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).