

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***October 28, 2018***

**Group Notes**

*All Groups*

There will be no practices at Notre Dame on Friday for any group due to the ND vs VT/Pitt dual meet at Rolfs Aquatic Center.

Also, there will be no practice on Halloween for any Bremen groups nor for the South Bend Green and Bronze groups.

*SB Green*

This Tuesday, 10/30, the Green group is having a Halloween mock meet and party! There will be fun races and treats to celebrate Halloween.

*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 Nominees – FAST Monster Splash & PRO Superstar Invite**

Here are the nominees for the Swimmer of the Meet award for the meets the weekend of October 20-21.

*Sia Grewal* – Sia competed at the PRO Superstar Invitational and on top of have a great meet (she dropped 20 seconds over her 4 events), she had a great attitude!

*Norah Porter* -Norah competed at the PRO Superstar Invitational and she was 3 for 3 on best times, including over a 30 second drop in her 100 Backstroke.

*Anders Brurok* – Anders competed at the FAST Monster Splash Invitational and is being nominated for a swim in which he was disqualified. In the 400 IM, after 2 lengths of butterfly, he started swimming backstroke as if it were a 200 IM and then quickly realized it and switched back to Butterfly. It would have been easy to mail it in from that point, but Anders continued to put his full effort into the swim and posted a time nearly 15 seconds faster than his previous best, even though that time will not count.

**Meet Information – MLA TYR Fall Invite**

This coming Saturday and Sunday, we will have swimmers competing at the MLA Tyr Fall Invitational in Holland, MI.

* Prelim warm ups on Saturday and Sunday (11 & Overs) will run from 8:00-8:45 AM and the meet will start at 9:00 AM
* Timed Final warm ups for 10 & Unders on Saturday and Sunday will run from 1:30-2:15 PM and the meet will start at 2:30 PM
* Finals warm ups on Saturday and Sunday (11 & Overs) will run from 5:00-5:45 PM and the meet will start at 6:00 PM
* Swimmers should wear their green *Swim.Fight.Win!* t-shirt on Saturday and their gray t-shirt on Sunday. Blue Dolfin team caps will be worn all weekend.

**Dual Meet Recap – Call for Officials**

Last Saturday, we hosted the Wa-Nee Waves Swim Team in a dual meet at Bremen High School. This was a quick and fun event and featured many first-time swimmers for both teams. Hopefully we can offer more of these types of events in the future, either as dual meets or intrasquad meets. In order to do this, though, we need more parents to volunteer to become stroke and turn officials. For this meet we had the absolute minimum number of officials for the meet to be official and the times to count. Specifically, we are looking for some parents of younger swimmers to go through the training to become officials. There is no cost to you and you will not be expected to officiate all sessions of all meets. The more officials we have certified within the club, the more we can spread out officiating sessions at team hosting meets to not over-tax anyone. If you are interested in more information on what being an official entails, please feel free to reach out to Coach Matt.

**Billing Reminder**

This past week, Coach Ben sent out the billing simulation reports. This coming Thursday, monthly invoicing will take place. Please be sure to have any October 1 invoices paid by Tuesday, 10/30 to avoid a late fee. If you are on autopay, your credit card will be charged at 2:00 AM on 11/1.

**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 Events**

* 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**  **10/29** | **Tuesday**  **10/30** | **Wednesday**  **10/31** | **Thursday**  **11/1** | **Friday**  **11/2** | **Saturday**  **11/3** | **Sunday**  **11/4** |
| **Green** | 6:00-7:00 PM  *@ Rolfs* | 6:00-7:00 PM  *@ Rolfs* | No Practice | 6:00-7:00 PM  *@ Rolfs* | No Practice  ND vs VT/Pitt Dual Meet  *@ Rolfs Aquatic Center* | MLA TYR Fall Invitational  Holland, MI | |
| **SB Bronze** | 6:00-7:30 PM  *@ Rolfs* | 6:00-7:30 PM  *@ Rolfs* | No Practice | 6:00-7:30 PM  *@ Rolfs* |
| **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 |
| **SB Gold** | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:30 PM  *@ Rolfs*  Dryland | 6:00-8:30 PM  *@ Rolfs* |
| **Bremen Bronze** | 6:00-7:30 PM  *@ Bremen HS* | 6:00-7:30 PM  *@ Bremen HS* | No Practice | 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* | No Practice | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* |
| **Bremen High School** | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | No Practice | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 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).