



SWIM. FIGHT. WIN. GO IRISH!

From Coach Matt

This past weekend was a low key one for most of the team, but our high school boys were in action at the IHSAA Sectional Meet. Congrats to all who swam. A recap of the performances for our swimmers is in this newsletter.

We are quickly entering the championship season which starts with the Divisional Meet at Northridge HS March 2-4. The entry deadline for this meet through our online registration system is this Monday, 2/19. Please sign your swimmer(s) up for the event by Monday night if they plan on attending. Any faster times from the CON meet this weekend and/or new qualifying swims can be added, but our initial entry must be in before that meet. The coaching staff will be reviewing the entries starting Tuesday and I will then make all updates by the update deadline established by IN Swimming (Monday, 2/26). There will be absolutely no changes allowed after the update deadline, so if you have questions or your swimmer would like to change events, I need to know by Sunday night after the CON meet.

The Senior State registration deadline is Monday, March 5. Updating swims/times from the Divisional meet will follow the same process as the Divisional meet updates with all changes/additions to me by Sunday night (March 4).

We have a normal week of practice this week in South Bend, but there will be no weekend practice due to the meet at Concord HS and a water polo tournament at ND. We will offer a Friday practice for those who are not swimming at the meet. In Bremen, we will offer practice Tuesday, Wednesday and Thursday.

I am getting excited for the next 5 weeks of meets and fast swimming!

Go Irish!

Coach Matt

Calendar

Week of 2/19

- Monday, February 19 – Registration Deadline, NC Divisional Meet
- Friday, February 23-Saturday, February 24 – IHSAA Boys State Championship, IU Natatorium, Indianapolis, IN
- Friday, February 23-Sunday, February 25 – CON Last Chance Showdown, Concord Community HS, Elkhart, IN

Week of 2/26

- Thursday, March 1 – Championship pasta dinner after practice
- Friday, March 2-Sunday, March 4 – NC Divisional Meet, Northridge HS, Middlebury, IN

Week of 3/5

- Monday, March 5 – Registration deadline, Senior State
- Friday, March 9-Sunday, March 11 – Senior State, Pike HS, Indianapolis, IN

Week of 3/12

- Monday, March 12 – Registration deadline, Age Group State
- Friday, March 16-Sunday, March 18 – Age Group State, IU Natatorium, Indianapolis, IN

Weekend Swimming Recap

This past week was the IHSAA Boys Sectional Meet at Penn HS. Our swimmers from Bremen HS, Mishawaka HS, Penn HS and St. Joe HS competed and excelled with lots of best times and new state qualifiers!

Bremen High School

Luke Becker – 200 Medley Relay (fly leg, 3rd), 100 Fly (5th), 100 Back (6th), 400 Free Relay (4th)

Anders Brurok – 200 Medley Relay (back leg, 3rd), 200 Free (6th), 500 Free (2nd), 400 Free Relay (4th)

Beck Brurok – 200 Medley Relay (breast leg, 3rd), 200 IM (4th, new SRS cut!), 200 Free Relay (3rd), 100 Breast (6th)

Mishawaka High School

Trevor Heintzberger – 200 Free (19th), 500 Free (12th), 200 Free Relay (prelims), 400 Free Relay (9th)

Penn High School

Connor Craig – 200 IM (6th, new SRS cut!), 100 Back (4th), 400 Free Relay (prelims)

St. Joseph High School

Chris Achkar – 200 IM (8th), 200 Free Relay (5th), 100 Back (12th), 400 Free Relay (5th)

Gage Hannewyk – 50 Free (7th), 100 Free (7th), 200 Free Relay (5th), 400 Free Relay (5th)

Birth Certificate Requirement

Thank you to those who have provided the copy of your swimmer's birth certificate or passport for age verification. If you have never provided this to IA (or another IN Swimming club) in the past, please send a copy to Coach Matt at practice, via email, or via text.

Indiana Swimming requires that all registered swimmers provide age verification upon their initial registration by either supplying a copy of the swimmers birth certificate or passport. Any swimmer who has competed in a meet this season and has not submitted the document could be assessed a \$100 per meet fine from IN Swimming. If you have questions, please contact Coach Matt. Thanks in advance for your help!

Championship Dinner

As we do every year, we will hold our championship pasta dinner on Thursday, March 1 at Rolfs after practice. This is the day before the Divisional Meet starts and is how we always kick off the championship season. All swimmers qualified for a championship meet are invited, but we will need an RSVP so we can plan appropriately for food. An event will be set up this week on the website where you will be able to RSVP each of your swimmers. We highly encourage all qualified swimmers to attend as it is a great way to come together as a team before we make some waves at the championship meets. Swimmers will get their championship caps and t-shirts at the dinner, and we will unveil our championship hype video!

The Taper

If you are new to the sport of swimming, you may have heard the word “taper” in the last few weeks. By definition, the word taper mean to become smaller or thinner toward one end. This is exactly what “taper” classically has meant for the sport of swimming. The amount of training decreases in preparation for a big competition. In essence, it is a rest period. Personally, I do not like the word taper. I have found over the years that the swimmers correlate taper with doing nothing. That would be like going into final exams without opening a book for 2 weeks! To me, that sounds like a terrible idea and not a very good way to pass a test. I prefer to use the phrase “championship meet preparation” instead. What to expect in the championship meet preparation phase is different for different swimmers, depending greatly on age (both actual and biological), training group, events to be swum at the championship meet, number and length of championship meets, and many other factors. The coaching staff has a general plan for the group that then gets differentiated for each of the swimmers as we get closer and closer to the meet.

What the swimmers should expect: the total workload in practices will begin to decrease, with more emphasis put on high intensity, focused swims followed by periods of recovery. Swimmers need to be doing everything they can to be preparing for their meet(s). This includes eating properly (they need the appropriate fuel to make the engine run), getting enough sleep, drinking plenty of water, attending practices and doing what is asked of them by their coaches, and limiting activities outside of the pool that could be detrimental to their performance at the meet (this is a terrible time to take up skateboarding or bear wrestling!). Swimmers should also be mentally rehearsing their swims, seeing themselves swim their events and going the times they want to go.

What the parents should expect: the swimmers may be completely normal, or they may be tired, or they may be moody, or they may be nervous, or they may be just like kids and unpredictable from one moment to the next. Just as the taper is approached differently for different swimmers, everyone will react differently to it. Some swimmers will feel great and be swimming really fast in practice while other may feel tired in the water and like they have no speed. As coaches, we tell the swimmers that however they feel is how they are supposed to feel and to trust the process. I tell the parents the same thing. We all want our children to do the best they can at their meet(s) and achieve their goals, whatever they may be. Pressure added by a parent almost always has a negative effect on the swimmer and his/her swims. As hard as it may be at times, it is important for the swimmer’s mindset that they stay focused on the plans made with the coach for their swims. They should definitely share those plans with you, but if there are alternate plans put into their minds, it may detract from their ultimate performance at the meet. If you have questions about anything regarding how your swimmer will be prepared for their meet, please contact the group coach and set up a time to talk. We are more than happy to discuss the short term or long-term plans for the training groups and individual swimmers!

Meet Director Training

We are looking for an organized and motivated team parent who would like to learn the ropes of the role of meet director. We are looking to establish a team of individuals who are trained in the role so that we can have different meet directors for each of our hosted meets so as not to over-tax any one individual. If you are interested in more information, please contact Coach Matt.

