



SWIM. FIGHT. WIN. GO IRISH!

From Coach Matt

Welcome, everyone, to the 2018 long course season. If you have been at practices this past week, you may have noticed a lot of new faces! We have many new and returning swimmers in each of our groups. Welcome to our new families. We are excited to have you join us at Irish Aquatics!

As we start our new season, we also must say goodbye (for now) to Coach Noelle. She has exams coming up for law school, and though we would like to see her on deck with us every day of the year, she is in South Bend for school, so until next fall, thank you for all of your great coaching, Noelle! We will miss you in the coming months! We do have a new face around the deck as well (but not really that new as she has been a part of Irish Aquatics much longer than I have!). Katie Lafferty, fresh off of finishing her collegiate swimming career and graduating from Saint Francis University is back in town and has joined our coaching staff. She will be working with many different groups over the season, but for the coming weeks, she will spend much of her time with Coach Ben working with the Silver group. Coach Brian and I will be

working with the Gold group and Coach Tim will be leading the Bronze group. Coach Clare will also work with Bronze as well as Green until the school year ends and she heads home for the summer, while Coach Dan will also work with the Green group and the Boot Camp program.

Though the season just started, there are two meet registration deadlines this week. Thursday is the deadline to sign up for the NASA Off the Blocks Invitational at Northridge HS on May 5. This is a single session short course yards meet to get the season kicked off. Then Friday is the deadline to register for the IA May Invitational, the first of our 2 team hosted meets this summer.

I am excited to get moving into the season to build off the great success we had this past short course season!

Go Irish!

Coach Matt

Calendar

Week of 4/16

- Monday, April 16 – Give back night at Taphouse on the Edge
- Monday, April 16 – Parent Advisory Board meeting, 6:15 PM
- Thursday, April 19 – Registration deadline – NASA Off the Block Invitational
- Friday, April 20 – Registration Deadline – IA May Invitational

Week of 4/23

- Monday, April 23 – New parent meeting, 6:15 PM, Rolfs Aquatic Center
- Friday, April 27 – No Practices
- Friday, April 27 – Registration deadline for tickets for TYR Pro Swim Series Indy
- Sunday, April 29 – Day of service at the Center for the Homeless

Week of 4/30

- Monday, April 30 – Give back night at Chicory Cafe
- Friday, May 4 – Registration deadline – MSC Memorial Day Invitational
- Saturday, May 5 – NASA Off the Blocks Invitational, Northridge HS
- Saturday, May 5-Sunday, May 6 – Open Water Junior Nationals, Tempe, AZ

Week of 5/7

- Monday, May 7 – Registration Deadline – CON Blazin' Invitational
- Friday, May 11-Sunday, May 13 – IA May Invitational, Notre Dame

Week of 5/14

- Wednesday, May 16-Saturday, May 19 – TYR Pro Swim Series, Indianapolis

Week of 5/21

- Friday, May 25-Sunday, May 27 -MSC Memorial Day Invitational, Munster HS

Registration

We have 64 swimmers registered for the long course season so far, but we have many more than that in the water. If your swimmer is not currently on a two week trial and you have not yet registered him/her for the long course season, you will need to get the m registered ASAP. The long course season does have a separate registration from the short course season. If you have questions about or problems with the registration system, please contact Coach Matt.

For those participating in the 2 week trial, once the trial is up, if your swimmer will be continuing with the program, you will need to register him/her promptly.

The registration fees include the long course family fundraising fee (\$50), the credit card processing fee (\$10), and the first month's training dues (unless paying for the season in full, in which case your full season dues will be charged). If paying monthly by credit card, when you register, be sure to save your card information and select the auto-pay option so that your card will automatically be billed on the first of each month for the monthly dues and any other charges on your account (meet fees, etc). Any balances not paid before the last day of the month will be subject to a \$10 late fee, so be sure to check your auto-pay settings!

Give Back Nights

This Monday, April 16, we will be having a give back night at Taphouse on the Edge, just off ND's campus. IA will receive 20% of the sales back for purchases made when the flyer is presented. The flyer is attached here and is also available on our Facebook page. The proceeds from this give back night will go to help offset some of the cost of the 13 & Over travel trip coming up in June.

We also have another give back night at the Chicory Café on April 30. More information will be sent out as the date approaches.

Meets

All meets for the long course season are loaded into the events section of the website. The IA Summer Spectacular information will be uploaded this week and the championship meet info will get posted as soon as it is available. Otherwise, all the meets for the summer are open for registration. Please pay attention to the registration deadlines for each event as the summer meets tend to fill since the season is so short and I most likely will not be able to get late entries into meets.

13 & Over Travel Meet

This year, our 13 & Over team travel meet will be to Knoxville, TN. The meet is prelim/final Friday through Sunday, so we will need to leave on Thursday. Also, in order to be able to see some of Knoxville and to save our drivers from a long meet on Sunday and having an 8 hour drive home, we will not return home until Monday. We are still working out the pricing (which may be the determining factor in the attendance for some swimmers), but if there is a chance that your swimmer will attend, please RSVP yes and make a note that a final decision will be made after price. In order to get as accurate of a price as possible, I do need to know how many swimmers we will be transporting and lodging. Contact Coach Matt with any questions.

Meet Sponsorships

We have many sponsorship opportunities available for the two meets we host during the long course season. You can see a list of the sponsorships on our website [here](#). Families who secure quarter, half or full page ads, along with Silver, Gold or Meet Sponsor level sponsorships will get a portion of the sponsorship amount credited back to their account.

The spirit ad link will be updated for the May Invitational this week.

Safe Sport Corner

As we start our new season, I want to review quickly our Safe Sport policies. Upon registration, you were prompted to check a box saying that you reviewed and agreed with the following policies: our electronic communication policy, anti-bullying policy, and photography policy. If you did not read through these, we will have copies available at the parent meeting on April 23 or Coach Matt can always get you a copy.

On top of these policies that were outlined in the registration, I want to cover a few of the multitude of ways we work to keep each one of the children in our program safe. All of our coaches have been background checked, reference checked, trained in CPR and, at a minimum, the basic skills needed to make an in-water rescue and administer first aid. Coaches also go through additional education and training in coaching methodologies, as well as in topics such as recognizing and dealing with bullying. All of our coaches have the best interests of your children at heart, and though at times we will push them to and past their physical limits in the water, we are always concerned first and foremost with their safety.

At the end of the short course season, we started having a parent volunteer sit at a table near the entrance to the pool deck. We are going to continue this as we feel that it is an easy thing to do and rotate among the team parents, and it provides us with eyes in the only area of the facility (the hallway leading to the locker rooms) that we do not otherwise have supervision of, aside from actually inside the locker rooms themselves. To reiterate our sentiments from last season on this matter, the decision to station a person in the hallway is not a reaction to anything that has happened, but rather us looking at areas of possible risk, however small it may be, and addressing it before anything could happen. With that, we are asking all families to take their turn in monitoring the back hallway. We have a signup set up [here](#). Please take a minute to find a date where you would be able to sit at a table and do your part for our team safety and then sign up. We are looking to have the table manned between 6:00 and 8:00 PM on weekday evenings.

If you ever have safe sport concerns, there are many places you can go. We do have a team safe sport coordinator, Krista Hunt. She would be the first person to contact within the team about a concern. You can also go to one of the coaches. On a national level, USA Swimming provides resources to report concerns [here](#).

New Parent Meeting

We will have a mandatory new parent meeting on Monday, April 23, at 6:15 at Rolfs Aquatic Center. Parents can pick up their swimmer's team swim cap and t-shirts at the meeting. If you are unable to attend, please contact Christie Hannewyk for the information that will be covered.

Practice Schedule

	Gold	Silver	Bronze	Green
Monday 4/16	6:00-8:30 PM	6:00-8:00 PM <i>Dryland</i>	6:00-7:30 PM	6:00-7:00 PM
Tuesday 4/17	6:00-8:30 PM <i>Dryland</i>	6:00-8:00 PM	6:00-7:30 PM	6:00-7:00 PM
Wednesday 4/18	6:00-8:30 PM	6:00-8:00 PM <i>Dryland</i>	6:00-7:30 PM	6:00-7:00 PM
Thursday 4/19	6:00-8:30 PM <i>Dryland</i>	6:00-8:00 PM	6:00-7:30 PM	6:00-7:00 PM
Friday 4/20	6:00-8:00 PM	6:00-8:00 PM	No Practice	No Practice
Saturday 4/21	11:00-12:00 PM <i>@ Beacon</i>	10:00-11:00 AM <i>@ Beacon</i>	No Practice	No Practice
Sunday 4/22	11:00-1:00 PM	No Practice	No Practice	No Practice