

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***Week of June 3, 2018***

**Morning Practices and Practice Expectations**

With morning practices starting at Merrifield at the end of last week, there could be some confusion about who is supposed to attend which practice and when. Below is a breakdown by group of what practices the swimmers from each group can/should be attending:

*Gold (double workouts)*: If the swimmers are able to attend the morning practices, they should be in the water for the long course workouts. If school still prevents them from attending, then they would start once school is out. The swimmers should also be attending the afternoon practice, but the number of doubles may differ by athlete as some will be doing 4 doubles a week while others will only be doing 2 or 3. Coach Matt will talk with the swimmers about the ideal schedules for each individual for the summer.

*Gold (single workouts)*: Swimmers can attend either the morning long course workout or the evening short course workout. Those registered for the single workout group may not attend both the morning and evening practice on the same day unless it is previously worked out with Coach Matt as a make up for missed practices in that same week. Swimmers should be making a practice each day of the week.

*Silver*: 11-12 year olds should be attending the Monday, Wednesday, and Friday morning long course practices, the Tuesday and Thursday afternoon practices, and two of the Monday, Wednesday and Friday afternoon practices. Swimmers/parents should coordinate with Coach Ben on the specific schedule for individual swimmers. 10 & Unders should be attending one practice each day, which could be the morning or afternoon practice on Monday, Wednesday and Friday and the afternoon practices on Tuesday and Thursday.

*Bronze and Green*: Bronze and Green group practices will only be offered at the normal time in the evenings at Rolfs. Swimmers should continue with their normal schedule, attending between 2 and 4 practices per week.

**IA Summer Spectacular**

*Volunteer Jobs:* The volunteer positions for the meet are now open on the website. As a reminder, each family is required to volunteer for 3 jobs slots over the course of the weekend. Failure to complete this requirement will result in a $50 per missed job fine assessed to the family’s account, per the terms and conditions of membership in Irish Aquatics agreed to with registration. The meet format for this meet will be slightly different as the ND diving camp starts on Sunday evening of the meet weekend. We will run a full day Friday, full day Saturday, and then just a morning session on Sunday.

*Hospitality donations*: The link for donations for the coach, official and volunteer hospitality room and table is live. Please consider signing up to donate something for the meet. <http://bit.ly/summermeet18>

*Volunteer t-shirts*: Every year we try to put in an order for new meet volunteer t-shirts so team families can have the opportunity to own their own shirts instead of wearing the (frequently washed) team owned shirts. The deadline for ordering shirts will be June 8. The shirts are available as t-shirts or tanks. Please email Christie Hannewyk with any questions at gage@ncpcoatings.com.

**Social Events**

*Pizza Night*: Our first pizza night of the long course season will take place this coming Friday, June 8, at the Martin’s house in Niles. These pizza nights are always a great time and all swimmers are encouraged to attend. We have altered the Friday practice schedule to accommodate for the event, with Gold and Silver practice running from 5:30-7:00 PM. Please RSVP for the event through the RSVP system on the website by Thursday. If you have questions about the event, please contact Coach Ben.

*Parents Night*: As was included in last week’s mid-week update, there will be an informal parents night at the Morris Inn on Tuesday between 5 and 7 PM on the Wind Family Fireside Terrace. There will be tacos, live music and tiki-inspired cocktails.

**13 & Over Travel Meet Mandatory Meeting**

There will be a mandatory meeting for those attending the 13 & Over travel meet in Knoxville this Thursday, June 7, at 5:45 PM at Rolfs. The meeting will run through dryland. Please bring a copy of medical insurance cards. If you are unable to attend, please let Coach Matt know ASAP.

**New Officials Training**

We are looking for parents interested in becoming officials to go through the training for it. The training consists of a classroom session, a test, and shadowing at meets. Our goal as a program is to train 10 new officials. We often hear excuses such as “I don’t know anything about swimming,” “I could never DQ someone,” or “I don’t have time to be an official.” The great thing is that what you need to know about swimming will be taught to you (the technical rules of the sport), disqualifying a swimmer for an infraction is not as hard as you would think (and it might be a little bit fun if it’s your own swimmer), and our program goal is to make it that our team officials can work a few sessions of our meets, but not have to work every session. Also, if you are sitting in the stands at a meet, you will quickly realize that it is much better to be on deck! If you are interested in more information on becoming an official, please talk to Coach Matt or Kristin Pruitt. The clinic will be held on June 13 during practice at Rolfs for those interested.

**Meet Directors in Training**

We are looking for our next great meet directors! In our current model, one person has served as meet director for all of our meets, but going forward, we are looking to train 3 or more individuals on what being a meet director entails so that each of our team hosted meets has a different meet director. Meet directors need to have good management and interpersonal communication skills, an ability to make quick decisions in pressure situations, and a desire to put forth a product (a swim meet in this case) that he/she is proud of. If you want more information on what being a meet director entails, please contact Coach Matt or Christie Hannewyk for more information. We are hoping to have someone shadow Christie during the Summer Spectacular in July to be able to take the reigns for the Tim Welsh Invitational in January.

**Open Water Meets**

***Zones:*** The Central Zone Open Water Championship sign up is now available [here](https://www.teamunify.com/EventShow.jsp?id=916913&team=inlsczone). This is a Team Indiana meet and therefore is entered through IN Swimming and not IA (swimmers will represent Indiana Swimming at the competition). Swimmers must have an NAG A standard in the appropriate distance for their age group (200 or 400/500 Free for 10 & Under, 400/500, 800/1000, or 1500/1650 Free for 11-12, 13-14 and Open). The deadline to register for the event is June 7.

***State:*** The 2018 IN Swimming Open Water State Championship was originally cancelled but has now been rescheduled as part of a multi-LSC championship in Ohio. All swimmers will race together but will be scored within their LSC. We have a number of swimmers qualified for this race and I highly encourage all swimmers who are qualified to compete. We have a bus reserved that will leave from Notre Dame at 4:30 AM the day of the event and return in the evening.

**Meet Sponsorships and Spirit Ads**

We have many sponsorship opportunities available for our Summer Spectacular in July. Please visit the [**Advertise/Sponsor**](https://www.teamunify.com/SubTabGeneric.jsp?team=isia&_stabid_=129434)dropdown menu under the **How to Help IA** tab on our website for the sponsorship levels and information. We currently have Gold, Silver and Hot Heat sponsorships available. We also have program advertisements available (full, half and quarter page). Any family that secures a Gold level sponsor will receive a $125 credit to their family account and families that secure a Silver level sponsor will get a $62.50 credit applied to their account.

We also have spirit ads available for purchase. Spirit ads are business card size and they can contain a personal message to your swimmers. This is a great opportunity for parents, grandparents, aunts, and uncles to show their support of their child/grandchild/niece/nephew. Spirit ads are $25 apiece, but if you buy 2, the cost is only $40! There is a Google form set up to purchase these ads, which is available on our website in the [**Spirit Ad**](https://www.teamunify.com/SubTabGeneric.jsp?_stabid_=182952&team=isia) dropdown menu under the **How to Help IA** tab.

Ads and sponsorships for the Summer Spectacular will be due in mid-June. If you know someone that is interested in becoming a sponsor of our program or would like to advertise at our meet, we can get them more information about the program and each of the sponsorship levels.

**Safe Sport – Locker Room Monitoring**

As was mentioned in the last two newsletters, in our continued efforts to create a safe and fun environment for all of our swimmers, we are looking for a hallway monitor to sit outside the entrance to the pool deck from the hallway outside the locker rooms each night at practice between the hours of 6:00 and 8:00. There are multiple entrances to this hallway (although only one of them is supposed to be open which is the main entrance to the pool at Door 5), and the entire hallway cannot be seen from the front desk, thus we are stationing a volunteer in the hall to have a set of eyes in an otherwise blind zone. The link for signing up for this position can be found [here](http://bit.ly/IAlockerroom).

**Team Store at SwimOutlet.com**

If you are new to the team or your returning swimmers have changed groups or outgrown their equipment, we have a team store set up at SwimOutlet.com with the recommended equipment for each group listed. There are also customized team apparel items available through the team store. Visit [www.swimoutlet.com/irishaquatics](http://www.swimoutlet.com/irishaquatics) or click the Team Store command button from the home page of our website (next to the picture) to access our team store. Also, whenever you make a purchase through Swim Outlet, be sure to start in the team store as we receive a credit from all purchases on most items. We use this credit to buy training items for the team’s use.

**Team Viewing of The Incredibles 2**

In December, we reserved a theater for a team viewing of *Star Wars: The Last Jedi*. This was a great event, so we have planned another team movie day this summer! We have booked the theatre this time for a team screening *The Incredibles 2*. The movie showing will be on Tuesday, June 19. Theatre access will begin at 2:00 PM with the movie starting at 2:30. We will work our practice start time for the afternoon around the move end time. Tickets are $8.50 apiece and there are only 66 of them available. Tickets will be allocated on a first come, first served basis. There is a Google Doc set up to sign up for tickets [here](https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Disia&id=910991&team=isia). Please Contact Coach Ben with questions about the event.

**Upcoming Deadlines**

The registration deadline for the IA Summer Spectacular and MSC Summer Splash Invitational have passed. If you would like to get an unregistered swimmer into one of those events, please let Coach Matt know ASAP.

* Tuesday, June 12 – Registration deadline for Open Water State
* Friday, June 22 – Registration deadline for team outing at SB Cub Game on 7/1

**Upcoming Meets and Team Events**

* Friday June 8: Pizza night at the Martin’s
* Friday, June 15 - Sunday, June 17: [TNAQ June Invitational](https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Disia&id=882864&team=isia) (13 & Over team travel meet)
* Friday, June 15: [Central Zone Open Water Championship](https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Disia&id=900786&team=isia)
* Friday, June 22 - Sunday, June 25: [MSC Summer Splash Invitational](https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Disia&id=899246&team=isia)
* Wednesday, June 27: [IN Swimming Open Water State Championship](https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Disia&id=921430&team=isia)
* Sunday, July 1: [IA team day at the South Bend Cubs](https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Disia&id=903844&team=isia)
* Friday, July 6-Sunday, July 8: [IA Summer Spectacular](https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Disia&id=900791&team=isia)
* Thursday, July 19 - Sunday, July 22: Senior State Championship
* Friday, July 27 - Sunday, July 29: Age Group State
* Tuesday, July 31 - Saturday, August 4: NCSA Summer Championship
* Saturday, August 4 - Sunday, August 5: Summer Divisional

**Practice Schedule**

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| **Group** | **Monday****6/4** | **Tuesday****6/5** | **Wednesday****6/6** | **Thursday****6/7** | **Friday****6/8** | **Saturday****6/9** | **Sunday****6/10** |
| **Gold** | 6:00-8:00 AM6:00-8:30 PM | 6:00-8:00 AM6:00-8:30 PM*Dryland* | 6:00-8:00 AM6:00-8:30 PM | 6:00-8:00 AM6:00-8:30 PM*Dryland* | 6:00-8:00 AM5:30-7:00 PM | 7:00-9:00 AM Merrifield11:00-12:00 PM*Beacon* | No Practice |
| **Silver** | 6:00-8:00 AM6:00-8:00 PM*Dryland* | 6:00-8:00 PM | 6:00-8:00 AM6:00-8:00 PM*Dryland* | 6:00-8:00 PM | 6:00-8:00 AM5:30-7:00 PM | 7:00-9:00 AM Merrifield10:00-11:00 AM*Beacon* | No Practice |
| **Bronze** | 6:00-7:30 PM*Dryland* | 6:00-7:30 PM*Dryland* | 6:00-7:30 PM*Dryland* | 6:00-7:30 PM*Dryland* | No Practice | No Practice | No Practice |
| **Green** | 6:00-7:00 PM | 6:00-7:00 PM | 6:00-7:00 PM | 6:00-7:00 PM | No Practice | No Practice | No Practice |

*\*Beacon workouts are provided for all swimmers registered in the Gold group and any swimmer registered in the Silver group who will be at least 11 years old by the Age Group State Meet (July 27, 2018)*