

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***Week of July 15, 2018***

**Upcoming Practice Schedules**

Rolfs will be closing down for facility improvements at the end of this week and will remain closed through September 15. I am still working on pool time for the afternoons the week of 7/23 and 7/30. As soon as I am able to secure pool time, I will get word out to everyone about what we will be able to offer for practices those weeks. In the meantime, starting 7/23, we will offer Silver practice Monday through Friday mornings at Merrifield, not just Monday, Wednesday and Friday.

The plan for starting short course season is still to begin the day after Labor Day, which will be September 4 this year. We will not be at Rolfs for the first 2 weeks of the short course season, but we will do our best to find some pool time for those weeks to get started. Updates on the short course season will be posted in August.

**Championship Meets**

The championship meets are just around the corner. As a reminder, all swimmers are expected to swim in the highest level championship meet they are qualified for. If you have questions about a specific meet, please contact Coach Matt.

*Senior State*: The Senior State Meet will be held Thursday, July 19-Sunday, July 22 at IU Bloomington. Swimmers must have a senior state qualifying time (SRS) to enter that event. The only exception is for those with fewer than 4 qualifying standards who will be able to enter bonus swims without the qualifying time (1 cut/1 bonus, 2 cuts/2 bonus, 3 cuts/1 bonus). Swimmers may qualify with times in long course meters (LCM), short course meters (SCM), or short course yards (SCY). The only exceptions are for the 800 and 1500 Freestyle events, where the swimmers must have the LCM qualifying time to enter the 800 or 1500 and at least one of the LCM qualifying times to enter both (the second race can be entered in SCM or SCY). Swimmers can enter up to 6 events for the meet with no more than 3 events on any one day. Any changes to entries must be into Coach Matt by the time afternoon practice starts on Monday, 7/16. No late changes will be possible.

*Age Group State*: The Age Group State Meet will be held Friday, July 27-Sunday, July 29 at the IU Natatorium at IUPUI. Swimmers must have an age group state qualifying time in any event they wish to enter. Swimmers may qualify in LCM, SCM, or SCY. Swimmers can enter up to 6 events for the meet with no more than 3 events on any one day. The online RSVP will close on Monday, July 16.

*Summer Divisional*: The Summer Divisional meet will be held Saturday, August 4-Sunday August 5 at Concord High School. The meet will be run in SCY. Swimmers must have met the DIV time standard but not the AGS/SRS time standard for their age group to enter an event. Swimmers can qualify in SCY, LCM, or SCM. Swimmers can enter up to 6 events for the weekend, with no more than 3 events per day. Relays will be entered by the coaching staff based on the number of swimmers entered in the meet. We are highly encouraging any swimmers who are not attending the 14 & Under Zone Championships or the NSCA Summer Championships and are qualified to swim in this meet to compete. Our goal is to make this a team event and it is a great chance to go out and race in short course after focusing on long course for the summer (the pool feels very short and the swimmers feel very fast!). This meet is truly another championship meet in the summer and not just a qualifier like it is in the spring. The online RSVP will close on Monday, July 23.

*NCSA Summer Championships*: The NCSA Summer Championships will be held Tuesday, July 31-Saturday, August 4 at the IU Natatorium at IUPUI. Swimmers must have a NCSA qualifying time to enter the meet and must have at the bonus standard to enter any bonus event. Swimmers can enter into unlimited events, but may swim no more than 3 in any one day. Entries will be completed by Coach Matt.

*14 & Under Central Zone Championships*: This is a Team Indiana meet and is entered through the LSC. Swimmers must have a NAG AAA time standard in any event they wish to enter. The meet is August 2-5 at the SPIRE Institute in Geneva, OH. Registration for the event can be found [here](https://www.teamunify.com/MemRegStart.jsp?team=inlsczone).

**Championship T-Shirts**

As was emailed out on Saturday, anyone who wishes to order a championship t-shirt must contact Coach Matt by Monday night (7/16). Swimmers competing in one of the championship meets will automatically receive a shirt which is part of the championship fee and is mandatory deck wear at the meets. The shirts are gray and are a soft-touch fabric. The cost is generally between $10 and $15, but I haven’t received the exact price yet.

**2nd Annual IA Golf Outing**

The 2nd annual IA Golf outing will be held at Orchard Hills Country Club on Saturday, August 25. If you would like to enter a team or are interested in more information on the event either as a participant or a sponsor, please contact Christie Hannewyk.

**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.

**Upcoming Deadlines**

* Monday, July 16 – Registration deadline for Age Group State
* Monday, July 23 – Registration deadline for Summer Divisional

**Upcoming Meets and Team Events**

* 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
* Thursday, August 2 - Sunday, August 5: 14 & Under Central Zone Championship
* Saturday, August 4 - Sunday, August 5: Summer Divisional

**Practice Schedule**

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| **Group** | **Monday**  **7/9** | **Tuesday**  **7/10** | **Wednesday**  **7/11** | **Thursday**  **7/12** | **Friday**  **7/13** | **Saturday**  **7/14** | **Sunday**  **7/15** |
| **Gold** | 6:00-8:30 AM  5:30-7:30 PM | 6:00-8:30 AM  5:30-7:30 PM | 6:00-8:30 AM  5:30-7:30 PM | 6:00-8:30 AM  5:30-7:30 PM | 6:00-8:30 AM  5:30-7:30 PM | 7:00-9:00 AM | No Practice |
| **Silver** | 6:00-8:00 AM  5:30-7:30 PM | 5:30-7:30 PM  *Dryland* | 6:00-8:00 AM  5:30-7:30 PM | 5:30-7:30 PM  *Dryland* | 6:00-8:00 AM  5:30-7:30 PM | 7:00-9:00 AM | 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 |