

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***Week of July 8, 2018***

**IA Summer Spectacular**

Thank you to everyone for making this weekend’s Summer Spectacular a great event! We had spectacular weather and worked through long timelines, finishing each session right on schedule if not early! Hosting long meets takes its toll on everyone, but these meets are not possible without the undying dedication of our families volunteering their time to make sure the events can run.

**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. The online RSVP will close on Monday, July 9 for this event.

*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).

**Time Trial and Last Chance Meet**

We will be offering a time trial this Friday for IA swimmers only. We have very limited time for this time trial so we are limiting it to just those swimmers who are close to a cut who need one more shot at it in long course. There will be a $2 surcharge per swimmer which we will bill to accounts after the event.

There is also a short course meters meet in Goshen this Saturday and Sunday. I can submit an entry at any time this week, but would like to send out the entry by Wednesday. They will accept deck entries as well. The schedule has changed from the what is posted in the meet letter. The AM and PM sessions have been consolidated into single sessions each day with will last about 3 hours. The 400 has been moved from Friday to the end of the Saturday session and the 1500 from Friday to the end of Sunday. Please contact Coach Matt ASAP if you are interested in attending either day of this meet. They may also have a time trial on Sunday afternoon after the session as well.

**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 9 – Registration deadline for Senior State
* 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  4:00-5:00 PM  *@ Beacon*  5:30-7:30 PM | 6:00-8:30 AM  5:30-7:30 PM | 6:00-8:30 AM  4:00-5:00 PM  *@ Beacon*  5:30-7:30 PM | 6:00-8:30 AM  5:30-7:30 PM | 6:00-8:30 AM | 7:00-9:00 AM | No Practice |
| **Silver** | 6:00-8:30 AM  5:30-7:30 PM | 5:30-7:30 PM  *Dryland* | 6:00-8:30 AM  5:30-7:30 PM | 5:30-7:30 PM  *Dryland* | 6:00-8:00 AM | 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 |

*\*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)*