

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***January 12, 2020***

**Group Updates**

*South Bend Groups:* There will be no practice this Friday at Rolfs due to a home meet for ND Swimming and Diving vs Northwestern.

*Bremen Groups:* There will be no practices in Bremen on Tuesday or Thursday this week due to high school meets.

**Tim Welsh Invitational Recap**

Thank you to everyone who helped out with the 2020 Tim Welsh Invitational. It was a long event with a few hiccups in operations along the way, but overall the meet was a success! A special thank you goes out to our Meet Directors, John and Margaret Lloyd, and our Hospitality Chairs, Mandy Jankoviak, Katie Neeser, Heather Racht and Jenn Brurok-Podlin. Their roles started well before the meet and required a large time commitment from each of them during the weekend. I cannot name everyone by name, but we had a number of individuals who were at nearly every session of the meet, doing whatever roles we needed them to do. So to everyone who was present, THANK YOU!

While our families were working hard to put on the event, our swimmers were killing it in the pool! This was the first meet for many of our swimmers, we had numerous new qualifying times made for the Divisional, State, Sectional, and Futures meets, and we had 67 All-Time Top 10 times posted, including 5 team records. Congrats to all of our swimmers on a great meet!

**Mid States All-Star Championships**

While most of our team was competing at the Tim Welsh Invitational, two swimmers were competing as part of Team Indiana at the 2020 Mid States All-Star Championships in Indianapolis. Lily Christianson and Joshua Seluzhitskiy were invited to participate as part of the Team Indiana squad and both of them competed in 6 events and 2 relays. Joshua won the 100 Freestyle and 50 Butterfly, placed 2nd in the 100 Back, 3rd in the 50 Back and 50 Free, and 6th in the 100 IM. He was also part of the 2nd place 200 Medley Relay and 200 Freestyle Relay. Joshua set new team records in both the 50 and 100 Free. Lily won the 100 Free, 200 Free, 100 Breast and 50 Free, placed 2nd in the 100 Fly, and 12th in 200 Back. She was also a member of the 1st place 200 Freestyle and Medley Relays. Lily set meet records in the 100 and 200 Free and team records in both as well. The 100 Free is currently the 3rd fastest time in the country for 13 year old girls, while her 200 Free ranks 5th. Congrats Joshua and Lily on a great meet!

**Parent Education**

Each week, Coach Ben will be putting out an article for the parents in our Parent Education series. Many of these articles will be specific to swimming while others may be about parenting in youth sports in general. All of the articles are meant to give us as parents a look into how we can be a positive contributor to our children’s athletic experience.

This week’s article comes from *SwimSwam* and is titled “Help Your Kids Get Better Every Day, In Every Way.” One of the biggest detriments to our swimmers is negative self-talk. This week’s article gives some suggestions to parents on how to help their athlete stay away from that negativity and help themselves on the path to reaching their goals.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/help-kids-get-better-every-day-every-way/).

**Meet Shirts and Caps**

Our new caps have finally arrived and most of our swimmers have received them. Each swimmer gets 1 cap, either latex or silicone, with registration and then any additional caps must be purchased. Swimmers are reminded to keep track of their own cap and make sure that it is in his/her swim bag after every practice and meet. Any old team caps can be worn in practice, but only the new silver Arena team caps may be worn at meets (no exceptions). Additional and new caps can be purchased from Coach Matt for $12 for silicone and $5 for latex. You can pay cash on the spot or it can be billed to your account.

We also have some of the purple “Swim for Tim” caps remaining. These caps are $10 apiece and can be worn at the remaining meets for the season, except for the championship meets. Please see a coach to purchase a cap.

If your swimmer has not received his/her new gray *Swim. Fight. Win!* t-shirt, Coach Matt can supply that at practice as well.

The old logo caps are still available for purchase and can be worn at practices. The silicone caps are available in pink, green, blue and black (championship team caps, swimmers must have qualified for the level of meet the cap is for) for $5 each. Latex caps are available for $1 each in blue only. We also have a stock of old t-shirts available for purchase.

**MAAPP Waivers**

Each family needs to sign the MAAPP acknowledgement form every year. This form is located on the website under the **Safe Sport** section. Please return the signed waiver (one per family) to Coach Matt at practice. All families **must** sign this waiver each year.

**SwimOutlet.com Team Store**

*New custom items are available now on the team store!*

We have a team store set up at SwimOutlet.com with the gear for each group as well as custom team items available. Visit [www.swimoutlet.com/irishaquatics](http://www.swimoutlet.com/irishaquatics) or through the “Team Store” command button on the homepage of our website to access our team specific store. Be sure to always order from Swim Outlet by first starting at our team store (you should see a banner at the top of the page stating “You are shopping through the **Irish Aquatics Team Store** Affiliate account.” When shopping through the team store, IA gets a percentage of the amount spent back for use by the team, which allows us to provide things to the swimmers such as championship caps or training aids for team use. Also, as an Arena sponsored team, we get 35% of the money spent on Arena gear back for team use on Arena gear the following calendar year, but only if the gear is ordered through our team store on Swim Outlet.

If there are custom items you would like to see in the store, just let Coach Matt know and he will work on getting something added!

**On Deck Smartphone App**

Team Unify offers a smartphone app that allows easy access to your account information, meet entries, and much more called On Deck. It is recommended that all families have this app installed on their phone. This is a great way to check your account balance, register your swimmers for meets or check their events for an upcoming meet, or even time a race. The app is free in the App Store on Apple devices and the Google Play store for Android devices. Your login information for the app is the same as it is for the website.

**Birth Certificate Requirement**

If your swimmer is new to the program and has not competed for another team within IN Swimming before, we will need a copy of his/her birth certificate or passport. This can be sent via email, text, or by a physical copy sent into practice to Coach Matt [mdorsch@gmail.com](mailto:mdorsch@gmail.com), (248) 321-7845. This is a requirement of IN Swimming for a 1-time verification of the swimmer’s date of birth. Any swimmer not supplying the document and competing in a meet will be assessed a $100 fine by IN Swimming though the club.



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**Upcoming Meets & Deadlines**

The CON IMXtreme Challenge has events for 8 & Under through 15 & Over swimmers. The focus of this meet is on completing the IMX event lineup for those swimmers who are ready to do so. Many swimmers in Shamrock 1, all swimmers in Shamrock 2, and all swimmers in Shamrock 3 and Senior should be signing up for the full IMX lineup for this meet. Please consult with the swimmer’s group coach for questions.

The PRO Jr Superstar Invitational is a great developmental level meet at Penn HS. It is a one-day event and all Little Leprechaun and Shamrock 1 swimmers should be participating. Shamrock 2, Shamrock 3 and Senior swimmers should consult with their group coach.

The NCISC Winter Championship Meet is for all IA swimmers. Swimmers must have participated in one of the following meets to be eligible for this meet: NCISC Sprint Meet, Elkhart Invitational, or the IA Tim Welsh Invitational. This is a team meet that is focused on earning the highest team score possible, so coaches will enter the swimmers into their events.

The CON Leisure Pools Last Chance Showdown is the last non-championship meet for the short course season. This meet is good for all swimmers in all groups, but for those who are not qualified for the Divisional or higher meets, this meet would serve as his/her championship meet.

The Divisional, Senior State, Age Group State, and Speedo Sectional Championships all require time standard achievements to be eligible for the meet. It is expected that all who qualify, including on relays, attend the championship meet.

* January 17 – Pro Jr. Superstar Invitational
* January 27 – NCISC Winter Championship

**Upcoming Events**

* January 24-26 – CON IMXtreme Challenge, Concord HS
* February 2 – PRO Jr Superstar Invitational, Penn HS
* February 15 – NCISC Winter Championship, Riley HS
* February 28-March 1 – CON Leisure Pools Last Chance Showdown, Concord HS
* March 6-8 – IN Swimming NW Divisional, Lake Central HS
* March 13-15 – IN Swimming Short Course Senior Championship, IU Natatorium
* March 20-22 – IN Swimming Short Course Age Group Championship, IU Natatorium
* March 26-29 – Speedo Sectional Championship, Elkhart Aquatic Center

**Practice Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **1/13** | **Tuesday**  **1/14** | **Wednesday**  **1/15** | **Thursday**  **1/16** | **Friday**  **1/17** | **Saturday**  **1/18** | **Sunday**  **1/19** |
| **Little Leprechauns** | 6:00-7:00 PM *@ Rolfs* | 6:00-7:00 PM *@ Rolfs* | 6:00-7:00 PM *@ Rolfs* | 6:00-7:00 PM *@ Rolfs* | No Practice | No Practice | No Practice |
| **Shamrock 1 SB** | 6:00-7:30 PM *@ Rolfs* | 6:00-7:30 PM *@ Rolfs* | 6:00-7:30 PM *@ Rolfs* | 6:00-7:30 PM *@ Rolfs* | No Practice | No Practice | No Practice |
| **Shamrock 2 SB** | 6:00-8:00 PM *@ Rolfs* | 6:00-8:00 PM *@ Rolfs* Dryland | 6:00-8:00 PM *@ Rolfs* | 6:00-8:00 PM *@ Rolfs* Dryland | No Practice | No Practice | No Practice |
| **Shamrock 3 SB** | 6:00-8:30 PM *@ Rolfs* Dryland | 6:00-8:30 PM *@ Rolfs* | 6:00-8:30 PM *@ Rolfs* Dryland | 6:00-8:30 PM *@ Rolfs* | No Practice | No Practice | No Practice |
| **Senior**  **SB** | 6:00-8:30 PM *@ Rolfs* Dryland | 6:00-8:30 PM *@ Rolfs* | 6:00-8:30 PM *@ Rolfs* Dryland | 6:00-8:30 PM *@ Rolfs* | No Practice | No Practice | No Practice |
| **Shamrock 1**  **Bremen** | 6:00-7:30 PM *@ Bremen HS* | No Practice | 6:00-7:30 PM *@ Bremen HS* | No Practice | No Practice | No Practice | No Practice |
| **Shamrock 2**  **Bremen** | 6:00-8:00 PM *@ Bremen HS* | No Practice | 6:00-8:00 PM *@ Bremen HS* | No Practice | 6:00-8:00 PM *@ Bremen HS* | No Practice | No Practice |
| **Shamrock 3**  **Bremen** | 6:00-8:00 PM *@ Bremen HS* | No Practice | 6:00-8:00 PM *@ Bremen HS* | No Practice | 6:00-8:00 PM *@ Bremen HS* | No Practice | No Practice |