

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***January 19, 2020***

**Group Updates**

*South Bend Groups:* There will be no practice this Thursday or Friday at Rolfs due to Notre Dame’s Shamrock Invitational.

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

**Basketball Games This Week at Notre Dame**

There is 1 home basketball game this week. The men’s team will be playing on Wednesday evening at 7:00 PM vs Syracuse.

**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 fromthe *Changing the Game Project* and is titled “A Higher Purpose Than Winning.”

Playing to a higher purpose is incredibly powerful because it takes the focus off of today’s result, much of which may be out of an athlete’s control, and places it on things they can control, and things that serve them long term.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://changingthegameproject.com/a-higher-purpose-than-winning/).

**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.

**CON IMXtreme Challenge Information**

This weekend is the CON IMXtreme Challenge at Concord High School. Please see below for meet information.

*Friday PM*

* 10 & Under, 11-12, Open Age Groups
* Swimmers need to be at the pool by 5:15 PM
* Warm up is from 5:30-6:05 PM
* Meet starts at 6:15 PM

*Saturday/Sunday AM*

* 8 & Under, 9-10 Age Groups
* Swimmers need to be at the pool by 8:15 AM
* Warm up is from 8:30-9:05 AM
* Meet starts at 9:15 AM

*Saturday/Sunday PM*

* 11-12, 13 & Over Age Groups
* Swimmers need to be at the pool by 12:45 PM
* Warm up is from 1:00-1:50 PM
* Meet starts at 2:00 PM

**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.



[This Photo](http://frz40.wordpress.com/2012/08/21/giudicare/) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/)

**Upcoming Meets & Deadlines**

The registration deadline for the PRO Jr Superstar Invitational has passed. If you did not register your swimmer and wish to get him/her into the event, please contact Coach Ben ASAP.

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 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**  **1/20** | **Tuesday**  **1/21** | **Wednesday**  **1/22** | **Thursday**  **1/23** | **Friday**  **1/24** | **Saturday**  **1/25** | **Sunday**  **1/26** |
| **Little Leprechauns** | 6:00-7:00 PM *@ Rolfs* | 6:00-7:00 PM *@ Rolfs* | 6:00-7:00 PM *@ Rolfs* | No Practice | 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* | No Practice | 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* | No Practice | 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 | No Practice | 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 | No Practice | 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 | No Practice | 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 | No Practice | No Practice | No Practice |