

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***January 26, 2020***

**Group Updates**

There are no practice cancellations this week at either site!

**Basketball Games This Week at Notre Dame**

There are 2 home basketball games this week. The men’s team will be playing on Wednesday evening at 7:00 PM vs Wake Forest and the women’s team will be playing on Thursday evening at 7:00 PM vs Louisville.

**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 “Developing Warriors, not Winners, is the Path to Excellence.”

Do you want to be a warrior or a winner? Knowing the difference between the two should clearly show that being a warrior leads an athlete down a path of excellence with endless possibilities, while being a winner may lead to a full trophy case, but can lead to burn-out, loss of interest, frustration, inability to persevere through plateaus, and an overall emptiness and dissatisfaction with the sport. Find out more in this week’s article.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://changingthegameproject.com/developing-warriors-not-winners-path-excellence/).

**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.

**PRO Jr. Superstar Invitational**

This coming Sunday is the PRO Jr. Superstar Invitational at Penn HS. To this point, we have not received any updates on changes to the meet schedule, but if there are any changes from what is posted below, it will be sent to all families who are registered for the event and updated on the website.

* The morning session (8 & Under and 9-10 age groups) will have warm up starting at 7:00 AM with the meet starting at 8:00 AM. Swimmers should arrive at the pool at 6:45 to sign in and be ready for warm up to start.
* The afternoon session (11 & Over swimmers) will have warm up starting at 11:30 AM and the meet will begin at 12:30 PM. Swimmers should arrive at the pool at 11:45.

**Apparel Order**

This past week, a link to the online store for ordering team apparel was emailed to the team. The store will remain open until this Thursday, January 30, at 8:00 AM. If you wish to place an order, please be sure to do so before Thursday at 8:00 AM. You can access the store [here](https://graphie-tees.mysimplestore.com/).

**Short Course Banquet**

Our annual team banquet will be held at Knollwood Country Club on Tuesday, March 24 at 6:00 PM. Please mark your calendars and plan to join us for an evening of celebration of our individual and team accomplishments this year! More information will be available soon as well as an RSVP system to reserve your spot.

**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 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**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **1/27** | **Tuesday**  **1/28** | **Wednesday**  **1/29** | **Thursday**  **1/30** | **Friday**  **1/31** | **Saturday**  **2/1** | **Sunday**  **2/2** |
| **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 | 6:00-8:00 PM *@ Rolfs* | 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* | 6:00-8:00 PM *@ Rolfs* | 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* | 6:00-8:00 PM *@ Rolfs* | No Practice | No Practice |
| **Shamrock 1**  **Bremen** | 6:00-7:30 PM *@ Bremen HS* | 6:00-7:30 PM *@ Bremen HS* | 6:00-7:30 PM *@ Bremen HS* | 6:00-7:30 PM *@ Bremen HS* | No Practice | No Practice | No Practice |
| **Shamrock 2**  **Bremen** | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | No Practice | No Practice |
| **Shamrock 3**  **Bremen** | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | 6:00-8:00 PM *@ Bremen HS* | No Practice | No Practice |