

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***February 9, 2020***

**Group Updates**

We have a normal schedule at all sites this week!

**Basketball Games This Week at Notre Dame**

There are no home basketball games this week.

**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 *Swim Swam* and is titled “The Importance of Failing Like A Champion.”

Failure is an important part of success. We cannot always win or achieve our goals every time we jump in the pool. But how we fail is important too. This week’s article delves into failing and how to fail like a champion.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/the-importance-of-failing-like-a-champion/).

**Girls HS Sectional Championships**

This past Thursday and Saturday, our high school girls competed in the IHSAA Sectional Championship. Those swimmers attending St. Joesph HS, SB Clay, and SB Adams competed at the Penn Sectional and the swimmers attending LaPorte HS competed at the Valparaiso Sectional. The Sectional Championship serves at the qualifying meet for the IHSAA State Finals next this coming weekend in Indianapolis.

*Penn Sectional*

**South Bend Adams HS:** Yvette Burton (200 Free, 13th; 100 Free, 12th; 200 Free Relay, 4th; 400 Free Relay, 3rd)

**South Bend Clay HS:** Alexa Hunt (200 Medley Relay, 5th; 200 Free, 8th; 100 Free, 10th; 200 Free Relay, 5th)

**St Joseph HS:** Andie Drew (200 IM, 1st; 500 Free, 3rd), Ryan Drew (100 Breast, 8th), Olivia Elston (200 Medley Relay, 1st; 50 Free, 5th; 100 Back, 3rd), Cece Farrell (200 Free, 4th), Emma Feltzer (200 Free, 2nd; 100 Free, 1st; 200 Free Relay, 1st; 400 Free Relay, 1st), Clare Jachim (200 Free Relay, 1st), Katie Jachim (50 Free, 6th; 100 Fly, 6th), Jane Lloyd (200 Medley Relay, 1st; 100 Free, 2nd; 100 Back, 2nd; 400 Free Relay, 1st), Rebecca Pan (100 Fly, 8th; 100 Breast 7th), Lauren Pieniazkiewicz (200 Medley Relay, 1st; 50 Free, 1st; 200 Free Relay, 1st; 100 Breast, 1st), Mary Cate Pruitt (200 Free, 1st; 500 Free, 1st; 200 Free Relay, 1st; 400 Free Relay, 1st), Peyton Racht (200 IM, 6th; 100 Back, 5th)

*Valparaiso Sectional*

**LaPorte HS:** Becca Shaffer (200 Medley Relay, 2nd; 200 IM, 5th; 100 Fly, 3rd; 200 Free Relay, 2nd), Abie Wiencek (200 Medley Relay, 2nd; 50 Free, 5th; 100 Free, 4th; 200 Free Relay, 2nd), Alicia Wireman (200 Medley Relay, 2nd; 50 Free, 13th; 100 Fly, 6th; 200 Free Relay, 2nd)

Good luck to those swimmers who will be competing at the State Championship this weekend: Andie Drew (200 IM, 500 Free), Olivia Elston (200 Medley Relay), Emma Feltzer (200 Free, 100 Free, 200 Free Relay, 400 Free Relay), Clare Jachim (200 Free Relay), Jane Lloyd (200 Medley Relay, 100 Back, 400 Free Relay), Lauren Pieniazkiewicz (200 Medley Relay, 50 Free, 200 Free Relay, 100 Breast), and Mary Cate Pruitt (200 Free, 500 Free, 200 Free Relay, 400 Free Relay).

**NCISC Winter Championship Meet Info**

8 & Under and 9-10 swimmers will swim in the morning and the 11-12 and 13 & Over swimmers will swim in the afternoon.

9-10 warm up will run from 9:00-9:30 AM and 8 & Under warm up will run from 9:30-9:50 AM. The 9-10 year olds must be at the pool and signed in by 8:45 and the 8 & Unders must be at the pool and signed in by 9:00. The meet will begin at 10:00 AM.

The afternoon warm up will run from 12:30-1:20 PM with the meet starting at 1:30.

We have relays entered at the beginning and end of the sessions. The coaches will assign swimmers to the relays. Please be sure to have you swimmers to the pool on time as we have to turn in relay names early and if your swimmer is not present, he/she will not be included in the relay lineup.

**Meet Shirts and Caps**

For all meets, swimmers are to wear either the new silver team swim cap or the purple *Swim for Tim* team swim cap. The pink, green, blue and black caps with the old team logo are only to be worn at practice.

Each swimmer gets 1 cap with their initial registration with the team, either latex or silicone. 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 silver caps can be purchased from Coach Matt for $12 for silicone and $5 for latex. The purple *Swim for Tim* caps are $10 apiece. You can pay cash on the spot or it can be billed to your account.

If your swimmer has not received his/her new gray *Swim. Fight. Win!* t-shirt, Coach Matt can supply that at practice as well. These shirts are to be worn on deck at swim meets as part of the team uniform.

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.

**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 registration deadlines for the NCISC Winter Championship, CON Last Chance Showdown, and Speedo Sectionals have passed. If you need to register your swimmer for one of these events still, please reach out to Coach Matt or Coach Ben ASAP.

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.

* February 24 – Divisional Championship
* March 2 – Senior State Championship
* March 9 – Age Group State Championship

**Upcoming Events**

* 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**  **2/10** | **Tuesday**  **2/11** | **Wednesday**  **2/12** | **Thursday**  **2/13** | **Friday**  **2/14** | **Saturday**  **2/15** | **Sunday**  **2/16** |
| **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 |