

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***February 23, 2020***

**Group Updates**

The Shamrock 3 and Senior group practices in South Bend will start getting shorter and will most likely not last all the way until 8:30. The exact end time may vary from day to day depending on the specifics of the workout, but please be prepared to pick swimmers up a little earlier from this point on.

**Basketball Games This Week at Notre Dame**

There is a home basketball game for the women’s team this Thursday, February 27, at 7:00 PM against UNC. Please be prepared for increased traffic on campus.

**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 Silver Lining of Missing Goals.”

We work with our swimmers on learning to set goals and then using those goals as motivation for their practices and races. But often, the swimmers fall short of those goals. This week’s article gives a few ways in which missing goals still provides the swimmers with positives.

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-silver-lining-of-missing-goals/).

**CON Last Chance Showdown Info**

This coming Friday through Sunday is the 2020 Leisure Pools Last Chance Showdown, hosted by Concord Swim Club at Concord High School. Please see below for the meet information.

*Friday PM – 10 & Under, 11-12, 13 & Over*

Doors open at 3:30 PM. IA swimmers are asked to be on deck by 3:45. Warm up will run from 4:00-5:00 PM and the meet will start at 5:15. All swimmers must be signed in by 4:15 or they will be scratched.

*Saturday/Sunday AM – 9-10, 11-12*

Doors open at 7:00 AM. IA swimmers are asked to be on deck by 7:15. Warm up will run from 7:30-8:15 and the meet will start at 8:30. All swimmers must be signed in by 7:45 or they will be scratched.

*Saturday/Sunday PM – 8 & Under, 13 & Over*

13& Over swimmers are expected to be on deck by 12:15 PM and 8 & Under swimmers are expected to be on deck by 1:00. Warm up for the 13 & Overs will be from 12:30-1:15 and for the 8 & Unders will be from 1:15-1:35. The meet will start at 1:45. All swimmers must be signed in by 1:00 or they will be scratched (all age groups).

There will be a time trial offered on Sunday at the conclusion of the PM session. This will not start before 4:00 PM. Please ask one of the coaches for more information if you are interested in this for your swimmer.

**Championship Meets**

We are quickly approaching the deadlines for the championship meets. Please be sure to commit your swimmers to the meet(s) if they are qualified and attending. It is the team expectation that swimmers participate in the highest-level championship meet they qualify for, including relays. These meets are team efforts and we expect that all members of the team participate in the best interest of the team, not just the individual.

*Northwest Divisional Championship*

The entry deadline on the website is Monday, February 24. New qualifiers or faster times achieved at the CON Last Chance Showdown will be entered into the Divisional Championship. The initial team entry must be submitted to the meet host by Friday, February 28 at 11:59 PM. Times and entries can be updated until Monday, March 2 at 11:59 PM. Entry changes after this point will incur a double entry fees and a $100 late fee.

*Senior State Championship*

The entry deadline on the website is Monday, March 2. The initial team entry is due to the meet host by Friday, March 6 at 11:59 PM and any changes, additions, or updates must be submitted by Monday, March 9 at 11:59 PM. Entry changes after this point will incur a double entry fees and a $100 late fee.

*Age Group State Championship*

The entry deadline on the website is Monday, March 9. The initial team entry is due to the meet host by Friday, March 13 at 11:59 PM and any changes, additions, or updates must be submitted by Monday, March 16 at 11:59 PM. Entry changes after this point will incur a double entry fees and a $100 late fee.

**Boys HS Sectional Championships**

This past Thursday and Saturday, our high school boys competed in the 2020 IHSAA Sectional Championships. We had swimmers competing at the Mishawaka, Warsaw, and Valparaiso Sectionals. A summary of results is listed below:

**Valparaiso Sectional**

*Michigan City High School*

Connor Baker: 200 Medley Relay (2nd), 200 Freestyle (4th), 500 Freestyle (4th), 400 Free Relay (3rd)

**Warsaw Sectional**

*Culver Academy*

Sam Tullis: 200 Freestyle (8th), 500 Freestyle (2nd), 400 Freestyle Relay (3rd)

**Mishawaka Sectional**

*Bremen High School*

Anders Brurok: 200 Medley Relay (5th), 200 Freestyle (4th), 500 Freestyle (4th), 200 Freestyle Relay (5th)

Beck Brurok: 200 Medley Relay (5th), 200 IM (4th), 200 Freestyle Relay (5th), 100 Breaststroke (6th)

*Mishawaka High School*

Trevor Heintzberger: 200 Freestyle (11th), 500 Freestyle (12th), 200 Freestyle Relay (6th)

*Penn High School*

Connor Craig: 200 Medley Relay (2nd), 100 Freestyle (3rd), 100 Breaststroke (2nd)

*St. Joseph High School*

Gage Hannewyk: 200 Medley Relay (3rd), 50 Freestyle (3rd), 100 Freestyle (2nd), 200 Freestyle Relay (3rd)

Peter Pieniazkiewicz: 200 IM (17th), 100 Breaststroke (17th)

We have 3 swimmers who have qualified for the State Championship next weekend in Indianapolis. Good luck to Connor Baker, Connor Craig and Gage Hannewyk!

**Spring Fundraiser**

We are moving our annual Nelson’s Chicken Sale Fundraiser to the spring from our historical fall date starting this year. We have the sale set for Friday, April 24 at the Marathon gas station at the corner of Grape Rd and Edison Rd in Mishawaka. We will be covering both lunch and dinner, with the event running from 11:30-7:00. We will be looking for help from those that may be available during the day for the lunch time rush and we will be expecting our 13 & Over swimmers to participate after school. More information will be available on this soon, so watch your email for information on pre-sales and volunteering.

**Long Course Schedule**

The meets for the summer long course season are all listed on the team website under **Team Events**. Please check the list and mark your calendars!

**Parent and Athlete Safe Sport Training**

In our efforts to become a Safe Sport Recognized Club with USA Swimming, we are requesting that all parents complete the free Safe Sport Training for Parents course offered by USA Swimming, which can be found [here](https://www.usaswimming.org/news-landing-page/2017/02/16/safe-sport-for-parents). We are also asking that swimmers aged 12-17 complete the free Safe Sport Training for Athletes course, which can be found [here](https://www.usaswimming.org/articles-landing-page/2017/04/05/free-safe-sport-training-for-athletes). We have to have a minimum percentage of parents and swimmers take the courses to qualify for the Safe Sport Recognized Club program, but instead of reaching the minimum threshold, our goal is 100% participation. If you have questions about anything Safe Sport, please do not hesitate to reach out to Coach Matt, Michelle Horvath (our team Safe Sport Coordinator), or one of our board members.

**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 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. Please pay attention to the entry deadlines. These are set so that the coaching staff has time to process all entries before the entry deadline set forth by IN Swimming. Any missed entries that need to be entered after the meet entry deadline (Monday at 11:59 PM the week of the meet) will have a $100 late fee assessed to them, per IN Swimming rules.

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

**Upcoming Events**

* 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 24 – Short Course Team Banquet at Knollwood Country Club
* March 26-29 – Speedo Sectional Championship, Elkhart Aquatic Center
* April 24 – Nelson’s Chicken Sale Fundraiser

**Practice Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **2/24** | **Tuesday**  **2/25** | **Wednesday**  **2/26** | **Thursday**  **2/27** | **Friday**  **2/28** | **Saturday**  **2/29** | **Sunday**  **3/1** |
| **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 |