

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***March 8, 2020***

**Group Updates**

Practices for the South Bend Shamrock 3 and Senior groups will be ending before 8:30 most nights due to championship meet preparations. Please be prepared to pick swimmers up closer to 8:00 each night.

Practices for the Bremen Shamrock 2 group will begin to end early this week as well. Please plan to have the workouts ending by 7:30 each night. There will also be no practice for any Bremen group on Friday, March 13

**Drop Off/Pick Up Area**

There is always a lot of congestion in the drop off/pick up area between 5:30 and 6:00 PM and about 10-15 minutes after the end of each group. There are added issues with the large dumpster taking up a great deal of space and blocking sight lines. Please make sure you are doing your part to allow traffic to drive through that area by pulling your vehicle out of the driving lane when you are dropping swimmers off, by not parking in that area, and by driving with caution when passing cars that are dropping swimmers off. We do not want any of our swimmers exiting a vehicle to be in danger of being struck by another vehicle passing.

**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 *SwimSwam* and is titled “The Pool Belongs To Those Who Show Up.”

The article is directed at swimmers, but this is an important message for parents as well. There is no substitution for going to practice. You can have all the gear, the most expensive suit, cap and goggles, the top rated supplements on the market (this is a whole different topic which we will delve into in the future), and yet none of that will have as much of an effect on long term performance as simply being present at practice. For majority of our team, the swimmers schedules are driven by the parents, so this article is just as important for the parents as it is for the swimmers.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/pool-belongs-show/).

**Championship Meets**

We are into the championship season with this weekend’s Divisional Meet. We have 3 more weeks of championship meets upon us. Please make sure that you assist the coaches in double checking the events your swimmers are signed up for before the deadlines. Contact Coach Matt for any changes to the Senior State entry and Coach Ben for the Age Group State Entry.

*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.

**Senior State Championship Information**

The Senior State Championships are being hosted at the IU Natatorium by IN Swimming from Friday, March 13 through Sunday, March 15. The events will be contested in short course for prelims and all relays and then long course for all finals and distance races. Our swimmers are primed and ready for some great swims and a great team effort! Below is specific information for each day.

*Friday:*

* The pool will open at 7:30 and remain open until 8:45. General warm up will run until 8:15 and controlled warm up with sprint and pace lanes will run from 8:15-8:45. The meet will start at 9:00 AM.
* The 800 Freestyle will be swum in long course with the top 8 seeded swimmers racing in the finals session and the remaining heats backed up into the finals warm up, being swum slowest to fastest.
* The 400 Medley Relay will be contested in short course will all heats in the prelim session and swum fastest to slowest.
* The pool will open for finals warm up at 3:30 and will close at 4:45. The meet will begin at 5:00 PM.

*Saturday*

* The pool will open at 7:30 and remain open until 8:45. General warm up will run until 8:15 and controlled warm up with sprint and pace lanes will run from 8:15-8:45. The meet will start at 9:00 AM.
* The 200 Freestyle Relay will be contested in short course will all heats in the prelim session and swum slowest to fastest. The 800 Freestyle Relay will also be contested in short course with all heats in prelims, swum fastest to slowest.
* The pool will open for finals warm up at 3:30 and will close at 4:45. The meet will begin at 5:00 PM.

*Sunday*

* The pool will open at 7:30 and remain open until 8:45. General warm up will run until 8:15 and controlled warm up with sprint and pace lanes will run from 8:15-8:45. The meet will start at 9:00 AM.
* The 1500 Freestyle will be swum in long course with the top 8 seeded swimmers racing in the finals session and the remaining heats backed up into the finals warm up, being swum slowest to fastest.
* The 200 Medley Relay will be contested in short course will all heats in the prelim session and swum slowest to fastest. The 400 Freestyle Relay will also be contested in short course with all heats in prelims, swum fastest to slowest.
* The pool will open for finals warm up at 3:30 and will close at 4:45. The meet will begin at 5:00 PM.

All swimmers making any final (A, B, C, or D) are expected to swim in that final. Any scratches will be taken on a case by case basis and the final decision lies with the coaching staff. The order for finals heats will be C, B, A, D with the D final being limited to only swimmers who are 15 or 16 years old.

**Long Course Transition**

The short course season runs through the month of March. There was no monthly billing for any group in the month of March unless the swimmer was registered during the month. April 1 will be the transition point to the long course season. Monthly billing will continue on this date. If your swimmer is not planning on continuing into April, please notify Coach Matt in writing via email BEFORE April 1 and he will deactivate the swimmer in the system. Any swimmer not deactivated will be billed the monthly dues on April 1. You can log into your account and check the status of your swimmer either on the website or through the OnDeck app.

As a reminder, you can stop billing at any point, so if a swimmer wants to continue swimming in April and May, but you are taking a family trip for the month of June, we can turn off the billing for the time you are gone if you let us know.

Lastly, there will be swimmers who will be recommended to change groups starting April 1. Watch for communication from the coaching staff about this if your swimmer is close to moving up. Let Coach Matt know if you have any questions.

**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. An email was sent out on March 5 with the Google Form to RSVP. This form can also be found embedded in the event information on the website (Team Events) or can be accessed [here](https://forms.gle/8K9WYywJzD7MaEgw7). Please RSVP (yes or no) for all attending (swimmers included) by Sunday, March 15.

**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, (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 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.

* March 9 – Age Group State Championship

**Upcoming Events**

* 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****3/9** | **Tuesday****3/10** | **Wednesday****3/11** | **Thursday****3/12** | **Friday****3/13** | **Saturday****3/14** | **Sunday****3/15** |
| **Little Leprechauns** | No Practice | 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* | 6:00-7:30 PM*@ Rolfs* | No Practice | No Practice |
| **Shamrock 3 SB** | 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* | 6:00-7:30 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* | 6:00-7:30 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** | 6:00-7:30 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 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* | No Practice | No Practice | No Practice |