

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***August 25, 2019***

Welcome back to another year of swimming at Irish Aquatics! We are excited to be back in the water working with the swimmers to accomplish their goals! The first week of practice saw more than 100 swimmers in the water between our new and returning swimmers along side those who are trying us out.

Each week, this newsletter will be published to provide information to our membership about current and upcoming events and schedules. Please be sure to read through the newsletter each week to be caught up with what is going on with the team!

**Group Updates**

You may have noticed some changes with the groups. In an effort to connect more closely with our association with the University of Notre Dame and to create more continuity within our own grouping system, we have renamed our training groups. Instead of using colors, we have switched to the terms Leprechaun and Shamrock. The Green Group has become the Little Leprechauns and the Bronze, Silver and Gold Groups have become Shamrock 1, 2 and 3, respectively. The High School aged swimmers are in the Senior group.

The coaches for the groups remain the same as they had been. Coaches Clare and Jacque will be working with our Little Leprechauns, Coach Tim Seitz will be working with Shamrock 1, Coaches Ben, Lisa, and Tim Welsh will be working with Shamrock 2, and Coaches Matt and Brian will be working with Shamrock 3 and Senior.

**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 from *SwimSwam* and is titled “10 Things Parents Can and Cannot Control.” We used this article back in May, but with a new season, thought it was a great time to bring this back.

As parents, it is our job to make sure that our kids are cared for and we take the ownership of that by taking control of many things, such as when our children go to bed and what they eat for meals among countless other things. When it comes to their activities, specifically swimming in this case, what can and should the parent try to control.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/10-things-parents-can-and-cannot-control/).

**MAAPP and Safe Sport**

Over the summer, the US Center for Safe Sport, the organization that oversees all National Governing Bodies (NGB) of Olympic and Paralympic sports for athlete protection and safety, required all NGBs to implement new Minor Athlete Abuse Protection Policies (MAAPP). USA Swimming, the NGB for swimming in the United States, required all clubs to be compliant with the new MAAPP policies in June. Irish Aquatics, as a member of USA Swimming, has put into effect all of the required policies and many of our specific team policies are more stringent that the required policies. We have a section of our website devoted to Safe Sport materials. All families are required to familiarize themselves with the MAAPP and other Safe Sport policies as a condition of membership in Irish Aquatics. If you have not done so, please go to the website and look through the MAAPP policies. All families will be required to sign a waiver stating that they have read and agree to the policies set forth in the MAAPP.

**Third Annual IA Golf Outing**

Thank you to everyone who contributed to the 3rd Annual IA Golf outing this past weekend at Orchard Hills Country Club. We had many of our families either play in the tournament, sponsor a hole, or volunteer during the event. A special thanks Christie Hannewyk who organized the event for the 3rd year and was instrumental in its success.

**Parent Meetings**

We will have two parent meetings offered in South Bend. We are asking that a parent from each member family attend one of these meetings. The dates will be Wednesday, September 4 and Thursday, September 5 at Rolfs Aquatic Center during practice. We have a lot of things to cover at the meetings and will start promptly at 6:00 PM. Please be sure to have at least one parent or guardian attend one of these meetings.

Coach Katie will meet with the families in Bremen. The date of the meeting will be announced later.

**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 Deadlines**

The first meets deadlines will start coming up at the end of September. This section will keep a running list of deadlines for meet registration. Please be sure to stick to these deadlines and get your swimmers registered for meets on time!

**Upcoming Events**

* September 4 – Parent Meeting #1 at Rolfs Aquatic Center, 6:00 PM
* September 5 – Parent Meeting #2 at Rolfs Aquatic Center, 6:00 PM
* September 28 – Nelson’s Chicken Sale with sites in Bremen, Mishawaka, and Niles
* October 5 – NCISC Sprint Meet, Riley HS
* October 11-12 – STAR Powerup Invitational, Mishawaka HS
* October 19-20 – PRO Superstar Invitational, Penn HS
* October 26 – IA Fall Pentathlon, Rolfs Aquatic Center
* November 8-10 – CON Great Lakes Invitational (Prelim/Final) – Elkhart Aquatic Center
* November 23-24 – Elkhart Invitational, Elkhart Aquatic Center
* December 6-8 – BA Winter Champions Classic (Prelim/Final) – Purdue University
* December 11-14 – Winter Junior Championships, Atlanta, GA
* December 21 – Candy Cane Dual w/ Munster Swim Club, Munster HS

**Practice Schedule**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **8/26** | **Tuesday**  **8/27** | **Wednesday**  **8/28** | **Thursday**  **8/29** | **Friday**  **8/30** | **Saturday**  **8/31** | **Sunday**  **9/1** |
| **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 *Dryland*  *@ Rolfs* | 6:00-8:00 PM *@ Rolfs* | 6:00-8:00 PM *Dryland*  *@ Rolfs* | 6:00-8:00 PM  *@ Rolfs* | No Practice | No Practice |
| **Shamrock 3 SB** | 6:00-8:15 PM  *Dryland*  *@ Rolfs* | 6:00-8:15 PM  *@ Rolfs* | 6:00-8:15 PM  *Dryland*  *@ Rolfs* | 6:00-8:15 PM  *@ Rolfs* | 6:00-8:00 PM  *@ Rolfs* | No Practice | No Practice |
| **Senior**  **SB** | 6:00-8:15 PM  *Dryland*  *@ Rolfs* | 6:00-8:15 PM  *@ Rolfs* | 6:00-8:15 PM  *Dryland*  *@ Rolfs* | 6:00-8:15 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 |
| **Senior**  **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 |