

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***September 1, 2019***

We are off to a great start to the season! We have record numbers of swimmers in the water for the first 2 weeks. Right now, there are 98 swimmers registered for the team with another 27 registered for a 2 week trial. However, we still have many swimmers in the water who are not yet registered. Please be sure to register your swimmer before sending them to practice this week. If you run into problems, please let Coach Matt know.

**Group Updates**

As you may have noticed either through observation at practice, Coach Caleb is no longer coaching with us. He has been offered a collegiate coaching position which has taken him away from Notre Dame and Irish Aquatics. We wish him the best in his future endeavors. Over the past two weeks, we have been working to find a replacement for Coach Caleb and will have something to report in the next week or two on that front. In the meantime, we will continue to operate as we have the past two weeks with some of the Shamrock 1 swimmers practicing with Shamrock 2 with Coaches Ben and Lisa and the rest of Shamrock 1 practicing with Coach Tim.

**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 “12 Parent Tips on How to Behave at Practice.” As you read, you may notice there are only 11 tips (the author said she accidently deleted #3 when editing!), but there are some good Do’s and Don’ts for all parents in the article.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/12-parent-tips-on-how-to-behave-at-swim-practice/).

**MAAPP and Safe Sport**

If you have not read through the Minor Athlete Abuse Prevention Policy yet, please do so. It is mandatory for all parents, coaches, officials, and other non-athlete members of USA Swimming to have thorough knowledge of the policy and abide by it. We will go over key points in the parent meetings, but it is ultimately each individual’s responsibility to familiarize yourself with it.

**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.

**October Meets**

There will be 4 meets on the schedule in October: NCISC Fall Sprint Meet on 10/5, STAR Power Up Invitational on 10/11-12, PRO Superstar Invitational on 10/19-20, and the IA Fall Pentathlon on 10/26 (this meet is still awaiting approval as it required a date change from the initial date request). We by no means want swimmers going to all 4 meets. The two top priority meets will be our team hosted Pentathlon and the PRO Superstar Invitational. Swimmers can pick either the NCISC Sprint Meet or the STAR Power Up Invitational as their first meet of the season. The only swimmers that should do both are those who are unable to attend the PRO Superstar Invitational. Check with your swimmer’s group coach for more info.

**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**  **9/2** | **Tuesday**  **9/3** | **Wednesday**  **9/4** | **Thursday**  **9/5** | **Friday**  **9/6** | **Saturday**  **9/7** | **Sunday**  **9/8** |
| **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** | No Practice | 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** | No Practice | 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** | No Practice | 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* | TBA | No Practice |
| **Senior**  **SB** | No Practice | 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* | TBA | No Practice |
| **Shamrock 1**  **Bremen** | No Practice | 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 |
| **Shamrock 2**  **Bremen** | No Practice | 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** | No Practice | 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** | No Practice | 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 |