

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***September 8, 2019***

**Group Updates**

*Bremen Senior* – The Senior group in Bremen will start weight workouts this week on Tuesday and Thursday from 3:30-4:30 PM. These are intended as an addition to in water practice and not as a replacement.

*South Bend Senior and Shamrock 3* – The Senior and Shamrock 3 group practices will end at 8:30 PM starting this week.

**2 Week Trials**

If your swimmer participated in a 2 week trial starting the week of August 19, that trial has now ended. If your swimmer is going to continue with the program, you need to register him/her **before** attending another practice. If your swimmer is not going to continue, please let Coach Matt know by sending him an email at [mdorsch@gmail.com](mailto:mdorsch@gmail.com).

**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 “Swim Mom: A Few Parent Tips for a New Season.” There are 5 tips here that are great for the beginning of the season before we get into meets.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/swim-mom-a-few-parent-tips-for-a-new-season/).

**Parent Meetings**

The Bremen parent meeting will be held this Monday, September 9 at 6:00 PM in the pool at Bremen High School.

Thank you to all the families who attended one of the parent meetings in South Bend last Wednesday and Thursday. The Powerpoint from the meeting will be uploaded to the website at some point this week so if you were not able to attend, you can see what you missed. Congratulations to the following families on winning one of the raffle prizes for attending the meeting:

* T-shirt pack: Danielle Robinson and Jessie Agostino
* Arena gear: Bruce Huber and Sumalatha Goli
* One month of dues: Damon House and Kurt Krygowski

If you were unable to attend, you will need to sign a MAAPP acknowledgment form and return it to Coach Matt. This will need to be done by all member families each year (September through August is our calendar year). You will receive a separate email from Coach Matt this week with the form attached and more information.

**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.

**Meet Entries**

We have received many questions about signing up for the October meets. At this point, we do not have any of the file necessary for meet signups to occur through the website, so we are unable to take entries yet. Once we receive the files, we will upload everything and all families will receive emails from our system stating the meets are open. You will receive an email from each meet that is available.

**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 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
* January 3-5 – IA Tim Welsh Invitational, Rolfs Aquatic Center
* January 24-26 – CON IMXtreme Challenge, Concord HS
* February 2 – PRO Jr Superstar Invitational, Penn HS
* 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**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **9/9** | **Tuesday**  **9/10** | **Wednesday**  **9/11** | **Thursday**  **9/12** | **Friday**  **9/13** | **Saturday**  **9/14** | **Sunday**  **9/15** |
| **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** | 6:00-8:30 PM  *Dryland*  *@ Rolfs* | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:30 PM  *Dryland*  *@ Rolfs* | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:00 PM  *@ Rolfs* | No Practice | 3:30-5:30 PM  *@ Rolfs* |
| **Senior**  **SB** | 6:00-8:30 PM  *Dryland*  *@ Rolfs* | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:30 PM  *Dryland*  *@ Rolfs* | 6:00-8:30 PM  *@ Rolfs* | 6:00-8:00 PM  *@ Rolfs* | No Practice | 3:30-5:30 PM  *@ Rolfs* |
| **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* | 3:30-4:30 PM  *Weights*  *@ Bremen HS*  6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | 3:30-4:30 PM  *Weights*  *@ Bremen HS*  6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | No Practice | 3:30-5:30 PM  *@ Rolfs* |