

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***September 29, 2019***

**Group Updates**

There will not be a practice on Friday, October 4, in South Bend for any group due to the ND vs Florida State swim meet at Rolfs. Swimmers can attend the practice in Bremen or come and watch the college meet!

**Message from Coach Tim Welsh**

As most of you have heard by this point, Coach Tim Welsh is undergoing treatment for pancreatic cancer. To show our support to him and his wife during this time, our swimmers signed a poster for him at practice and that was presented to coach Tim two weeks ago. Below is a message that Coach Tim wanted to pass on to the team:

*Dear Irish Aquatics swimmers, coaches, families,*

*Thank you very much for the large "get well" card signed by so many of you that Coach Matt Dorsch presented to me at the pool last week.  The card is very strong and good looking!  It is sitting beside my desk here in my home office, where I can look at it, smile, and feel your presence every day.*

*Jackie and I are both touched by your thoughtfulness and your support.*

*It is our turn now to be "coachable," so we are doing our best to do that one day at a time,during this healing process.*

*I hope to see you all on the deck during regular IA practices as we go through the fall.  I do think of you and thank you every day for your support.*

*Please continue to swim well, train well, race well, and be good teammates to one another.  Swimmers, please continue to be good students too.*

*Thank you again,*

*Tim & Jackie Welsh*

**News from the Parent Advisory Board**

We are currently seeking a Meet Director (or co-Meet Directors) and a Hospitality Chair for the team hosted Tim Welsh Invitational, which is being held January 3-5, 2020 at Rolfs Aquatic Center. This is our largest hosted meet of the year and, in kind, the largest single fundraiser we put on each year. The Meet Director’s job is to organize all volunteer positions and assist Coach Matt with all aspects of running the meet. The Hospitality Chair organizes meals for officials and coaches as well as snacks for all volunteers. This year, we are incentivizing both of these positions as they are more time consuming than other volunteer jobs at the meets and vital to the overall success of the event and satisfaction of our volunteers and visiting teams. If you serve as Meet Director, IA will credit your account $200 or 25% of your total dues, whichever is less. If you serve as the Hospitality Chair, IA will credit your account $100 or 25% of your total dues, whichever is less. If you are interested in learning more about either position, please contact Christie Hannewyk at [gage@ncpcoatings.com](mailto:gage@ncpcoatings.com) or (574) 315-3613.

We are also looking for a group parent for the Shamrock 3/Senior group. This person would communicate with the group coaches and be a point person for answering questions and assisting in relaying important information specific to that group. If you are interested, please contact Coach Matt or Christie Hannewyk.

**Arena Suit Fitting**

Our rep from Arena, Sue, will be at Rolfs on Monday, September 30 at the beginning of practice for a suit sizing. She will have all available sizes of the suit options we have for our team suit for the swimmers to try on. She will be set up and ready to go by 5:30, so if you can get to the pool a little early, your swimmer will be able to get fitted before practice. She will stay until about 7:00 or until it appears that there is no one else who needs to get fitted. She will also have some samples of the team warm up. All items can be ordered through the team sore at SwimOutlet.com.

**Nelson’s Fundraiser**

Thank you to everyone who helped with the Nelson’s chicken sale fundraiser this weekend, from those who sold tickets ahead of time and those who volunteered at one of the sites.

**Hacienda Give-Back Night**

We have a give-back night scheduled at the Hacienda on Portage Road for Thursday, October 10, 2019. 20% of all sales where the customer shows his/her server the token (see the last page of this newsletter) will come back to IA. This includes all food and drink sales as well as gift card purchases. We have the opportunity to place a group order for gift cards on October 10. If you are someone who frequents any Hacienda restaurant and would like to purchase some gift cards (I hear they make great teacher gifts!), please contact Christie Hannewyk or Coach Matt and submit a check for the amount you wish to order made out to Irish Aquatics by Wednesday, October 9. We will then submit that order to Hacienda on October 10 and will distribute the gift cards to the families the following week.

**NCISC Sprint Meet Info**

The first meet is coming up this Saturday, October 5. It will be held at SB Riley High School. The meet information is available on the website under the meet page (log into your account, go to “Events and Competition” on the left side navigation menu, and select “Team Events.” Then click on the name meet you wish to look at and the information will come up.

11-12 and 13 & Over swimmers will need to be on deck by 6:45 AM with warm up running from 7:00-7:40 AM. 8 & Under and 9-10 swimmers will need to be on deck by 7:15 AM with warm up from 7:40-8:05 AM. The meet will start at 8:15 AM. Please anticipate 3-4 hours to complete the meet.

All swimmers must sign in when they get to the pool. There will be sheets attached to the wall in the hallway outside the locker rooms for the swimmers to sign in. Please have them highlight their name before they enter the locker room.

Parents will drop their swimmers at the locker rooms and head upstairs to the spectator gallery. No parents are allowed on the pool deck or in the locker rooms at any time.

We will need to provide at least 2 timers for the meet. If you are willing to time, please let Coach Matt know this week.

**2 Week Trials**

Reminder to those who have completed their 2 week trial with the team: 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 the *SwimSwam* and is titled “5 Traps Swim Parents Should Avoid.”

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/5-traps-swim-parents-should-avoid/).

**Parent Meetings and MAAPP Waivers**

For those who were unable to attend the parent meetings, the PowerPoint used by Coach Matt has been uploaded to the team website under the **Parent Resources** section of the **Team Resources** tab.

Also, for those not in attendance, you will need to sign the MAAPP acknowledgement form. This form is located on the website under the **Safe Sport** section. It will also be attached to the email with this newsletter on Sunday, 9/15. Please return the signed waiver (one per family) to Coach Matt at practice. All families **must** sign this waiver each year.

**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. 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.

**SwimOutlet.com 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 Deadlines**

The registration deadlines for the NCISC Sprint Meet and the STAR Power Up Invitational have passed. If you missed the deadline and wish to get your swimmer(s) into one of those meets, please contact Coach Ben ASAP.

* September 30 – PRO Superstar Invitational
* October 1 – CON Skypoint Transit Invitational
* October 13 – IA Fall Pentathlon

**Upcoming Events**

* 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 Skypoint Transit 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**  **9/30** | **Tuesday**  **10/1** | **Wednesday**  **10/2** | **Thursday**  **10/3** | **Friday**  **10/4** | **Saturday**  **10/5** | **Sunday**  **10/6** |
| **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* | No Practice | 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* | No Practice | No Practice | No Practice |
| **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* | No Practice | 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* | 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 | No Practice |

