

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***October 20, 2019***

**Group Updates**

*All South Bend Groups:*This Tuesday, the coaches will be having a meeting that will last until 6:30. All groups will begin at 6:30 PM this week. Please plan accordingly.

**News from the Parent Advisory Board**

We are currently seeking a Meet Director (or co-Meet Directors) for the team hosted 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. This year, we are incentivizing this position as it is 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. We do need to fill this position as soon as possible, so if you are interested, please contact Christie Hannewyk at gage@ncpcoatings.com or (574) 315-3613. If we do not have anyone volunteer to be at least co-meet director, we will be forced to pull one of our paid staff from their coaching responsibilities that weekend and have them serve as the meet director. This means that the coach would not be coaching the swimmers, but instead working behind the scenes making sure that everything is running smoothly around the venue.

Thank you to our Hospitality Co-Chairs Mandy Jankoviak and Katie Neeser!

**IA Fall Pentathlon Volunteering**

Thank you to everyone who has signed up to volunteer at the IA Fall Pentathlon! We have just a few spots to be filled!

*Announcer:* We need 1 person to be the voice of the meet. You will announce the events as the meet progresses and the results of the events as they come in.

*Marshal:* We need 1 more marshal to serve in various capacities for the duration of the meet. Of the 4 marshal positions, one will man the coach, official and volunteer check in table from 9:30 through the end of the meet, making sure only credentialed adults, volunteers and swimmers go onto the pool deck while the other 3 will be stationed around the deck, either monitoring deck entry points or just watching out for general safety.

*Meet Manager:* We need 1 more person to assist at the timing table. This person will not necessarily be running Meet Manager, but will be helping with the overall organization at the computer table.

*Scoring:* We need one more volunteer to work the scoring table, running a spreadsheet of the times for the swimmers who are competing in all of the events of the day to calculate the winner of each age group.

**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 “7 Fun Facts About Age Group Swimming Plateaus.” This articles is meant just as much for the swimmers as the parents, if not more. Performance plateaus are part of nearly everyone’s swimming career. They can be frustrating and make swimmers question why they are putting in the work in practice. Read this week’s article for more information on these plaeaus and how to deal with them.

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

**STAR Power Up Invitational Recap**

Congratulations to those who swam last weekend at the STAR Power Up Invitational at Mishawaka High School. We had some great swims for an early season meet and swimmers showed improvement even from the previous week!

*First Meet:* Isabelle Herrera, David Herrera, Azley Johnson

*Individual All Time Top 10 Performances:* Lily Christianson (13-14 Girls 200 Fly), Viosa Hernandez (8 & Under Girls 100 Back), Ellen Zhang (8 & Under Girls 100 Breast), Romey Burton (8 & Under Boys 50 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, and 100 IM), Charlie Christianson (9-10 Boys 50 Fly), Leo Ni (11-12 Boys 100 Free, 100 Back and 100 Fly), Brayden Seluzhitskiy (8 & Under Boys 50 Free, 50 Breast, 50 Fly, and 100 IM), and Joshua Seluzhitskiy (9-10 Boys 50 Free, 100 Free, 50 Back, 100 Breast, and 100 IM).

*Relay All Time Top 10 Performances:* 8 & Under Mixed 100 Free Relay (Brayden Seluzhitskiy, Viosa Hernandez, Ellen Zhang, Emiliano Mata), Open Mixed 200 Free Relay (Alex Krygowski, Luke Becker, Lily Christianson, Addy Farmer).

*Team Records:* 8 & Under Mixed 100 Free Relay (Brayden Seluzhitskiy, Viosa Hernandez, Ellen Zhang, Emiliano Mata), Open Mixed 200 Free Relay (Alex Krygowski, Luke Becker, Lily Christianson, Addy Farmer), Joshua Seluzhitskiy (9-10 Boys 100 Breast and 200 IM).

**College Commitments**

We have had two swimmers commit to colleges to continue their swimming careers after high school. Ryan Drew, a senior at St. Joseph High School, has committed to Kalamazoo College in the class of 2024 and Mary Cate Pruitt, a junior at St. Joseph High School, has committed to swim for the University of Notre Dame. Congratulations girls! We are extremely proud of you and look forward to watching you excel at the next level as you do now!

**Team Apparel Order**

This past week, an email was sent out with a link to the team apparel order through Graphie Tees. There are many options of short sleeve shirts, long sleeve shirts, sweatshirts, shorts, pants, and jackets available. The store is only open until Monday morning, so please place your order ASAP. This will be the only sale of these items (aside from the t-shirts) until the spring. If you have questions, please contact Jen Craig at jedacraig@gmail.com. There will be some t-shirt options available for order year-round through Graphie Tees.

If you need the link to the online catalogue, it can be found [here](https://graphie-tees.mysimplestore.com/t/irish-aquatics-fall-2019).

**Meet Shirts and Caps**

We have ordered new gray t-shirts for the swimmers and new team caps with the updated logo on them. Once they are in, every swimmer will receive a new cap and t-shirt. These will be the meet apparel for the swimmers. Once these items are distributed, the silver cap will be the cap that swimmers must wear at meets and the new gay t-shirt will be what swimmers are asked to wear on deck. We are only doing a single color shirt from this point forward.

We do have a large stock of old Speedo and Dolfin caps available for purchase as practice caps (and meet caps until the new caps come in). Silicone caps are available in blue, pink, and green, as well as black with Divisional and State Team printed on them (to purchase the old Divisional and State team caps, the swimmer must have made it to that meet in the past). All old silicone caps are $5 apiece. We also have blue latex caps available for $1 apiece.

We also have a stock of old t-shirts. Some are extras from championship meets that are available in various sizes. We also have a number of the old gray and green shirts available as well as a limited quantity of the blue camo Boot Camp t-shirts. All old stock t-shirts are on sale for $5 apiece.

If you would like to purchase any old stock items, please let Coach Matt know. These are all first come, first served.

**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**

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 Deadlines**

The registration deadline for the IA Fall Pentathlon has passed. If you missed the deadline and wish to get your swimmer(s) into one of those meets, please contact Coach Ben ASAP.

* October 21 – Elkhart Invitational (Sunday events updated on 10/18)

**Upcoming Events**

* 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****10/21** | **Tuesday****10/22** | **Wednesday****10/23** | **Thursday****10/24** | **Friday****10/25** | **Saturday****10/26** | **Sunday****10/27** |
| **Little Leprechauns** | 6:00-7:00 PM*@ Rolfs* | 6:30-7:00 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* | 6:30-7:30 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* | 6:30-8:00 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* | 6:30-8:30 PM*@ Rolfs* | 6:00-8:30 PM*Dryland**@ Rolfs* | 6:00-8:30 PM*@ Rolfs* | 6:00-8:00 PM*@ Rolfs* | No Practice | No Practice |
| **Senior** **SB** | 6:00-8:30 PM*Dryland**@ Rolfs* | 6:30-8:30 PM*@ Rolfs* | 6:00-8:30 PM*Dryland**@ Rolfs* | 6:00-8:30 PM*@ Rolfs* | 6:00-8:00 PM*@ Rolfs* | No Practice | 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 |