

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***October 20, 2019***

**Group Updates**

*Little Leprechaun and Shamrock 1 groups:* Due to Thursday being Halloween, we will not offer practice either day for these groups. Enjoy the evening!

*Bremen Senior:* The days for weights will change to Monday and Thursday instead of Tuesday and Thursday.

Good luck to all of our Indiana High School girls who will start their high school season on Monday!

**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](mailto: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!

**Parking Outside Rolfs Aquatic Center**

We have had some issues develop with parking around Rolfs Aquatic Center. The parking lots that are to be used by IA families who do not hold a Notre Dame parking permit for one of the gated lots are the Library Lot (open to the general public free of charge as of 5:00 PM on weekdays, located north of the pool), the Bulla Lot (open to the general public free of charge as of 5:00 PM on weekdays, located north of the pool), and the Joyce Lot (open to the general public free of charge as of 5:00 PM on weekdays, located south of the pool). The loop outside the pool entrance is a driveway and not a parking lot. We have had cars left unattended in that loop which blocked access to other vehicles or in fire lanes in the last few weeks and this has been brought to us by the Rolfs facility staff. The Rolfs staff will begin to call parking services for cars who are left unattended in the loop that are blocking access. Those cars will be subject to ticketing and/or towing by the University.

As the weather get colder, all families will want to keep our use of the loop for swimmer drop-off, but if we have families parking there, we may not be able to continue swimmer drop-off. Also, we are approaching the start of the basketball seasons and if there are cars left anywhere in that area on game days, we will definitely lose access for drop-offs on those days.

**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 *Changing the Game Project* and is titled “The ‘State’ of High Achievers.” This article covers some research done into elite performers and what it is that effects their performance most.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://changingthegameproject.com/the-state-of-high-achievers/).

**PRO Superstar Invitational Wrap Up**

We had a great meet last weekend at Penn High School for the PRO Superstar Invitational. We had a large group of swimmers compete and they put up some impressive swims. Congrats to all who swam!

*First Meet:* Lauren Freehauf

*New Championship Qualifying Times:* Rosie Pan (9-10 Girls, 100 Free Divisional), Reese Racht (9-10 Girls, 50 Free Divisional, 50 Fly Divisional), Kristy Yu (11-12 Girls, 200 Free Divisional), Sia Grewal (13-14 Girls, 200 Free Divisional), Brayden Seluzhitskiy (8 & Under Boys, 100 Free Divisional, 50 Back Divisional, 50 Fly Divisional), Michael Kreager (9-10 Boys, 50 Back Divisional)

*Individual All Time Top 10 Performances:* Kaia Podlin (13-14 Girls, 100 Breast, 200 Breast), Brayden Seluzhitskiy (8 & Under Boys, 50 Free, 100 Free, 25 Back, 50 Back, 50 Fly), Charlie Christianson (9-10 Boys, 50 Free), Joshua Seluzhitskiy (9-10 Boys, 50 Free), Leo Ni (11-12 Boys, 100 Free, 200 Free, 50 Back, 100 Back, 50 Fly)

*Relay All Time Top 10 Performances and Team Records:* 17-18 Boys 200 Free Relay (Connor Craig, Connor Baker, Anders Brurok, Beck Brurok)

**Meet Shirts and Caps**

The new gray meet t-shirts are in and will be distributed at practices this week. We are still waiting on the caps.

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 (only a few left!), 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 (no adult large or up, but we do have youth small through Adult medium available). 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](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 deadline for the Elkhart Invitational has passed. If you missed the deadline and wish to get your swimmer(s) into one of those meets, please contact Coach Ben ASAP.

* November 6 – BA Winter Champions Classic

**Upcoming Events**

* 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**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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* | No Practice | 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* | No Practice | 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 | 1:30-3:30 PM *@ Rolfs* |
| **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 | 1:30-3:30 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* | No Practice | 6:00-7:30 PM  *@ Bremen HS* | 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* | No Practice | 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 | 1:30-3:30 PM *@ Rolfs* |