

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***November 3, 2019***

**Group Updates**

*Bremen Senior:* There will be lifting Monday and Thursday for at Bremen HS for the Senior group.

*All Bremen Groups:* There will be no practices offered in Bremen from November 12-15. Coach Katie will be out of town those dates. If any swimmers wish to come up to South Bend in that time, they are more than welcome!

**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!

**Joyce Center Access During Basketball Games**

As those of you who were at practice on Tuesday last week found out, there are new policies in place in the Joyce Center for basketball games. These games are now subject to the clear bag stadium policy which also brings in extra security around the event. Ticketed fans will be going through metal detectors upon entry and any non-ticketed and non-screened individual will not be allowed into the Joyce Center. Rolfs Aquatic Center is a stand-alone facility, but patrons utilize the hallways of the Joyce Center to access the spectator gallery. Since we will not be able to access the Joyce Center hallways on game days, we are working with the Rolfs staff to come up with the best plan on action for our practices. Right now, we will have all swimmers and parents enter through Door 5 (the door we are already supposed to be using) and everyone will enter the deck through the double doors at mid pool. Spectators will turn toward the deep end of the pool (north end) and go out the door labeled with an exit sign to access the north stairwell. As the weather changes and the snow starts falling, we will most likely be making changes to this to avoid the snow, slush and salt on the pool deck. We will keep you apprised of any changes to this policy.

The use of restrooms during basketball games will also be an issue as we will not have access to the normal ones in the hall. All patrons at Rolfs Aquatic Center will need to use the locker room restrooms. This creates a safe sport issue, so we ask that these are only used by adults if it is 100% necessary. Our goal is to keep adults out of the locker rooms to avoid any potential issues.

If you have questions about anything related to game days, please reach out to Coach Matt.

**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 *Swim Swam* and is titled “6 Tips for Conversations After Meets and Practice.” As parents, we are interested in what is going on in our children’s lives, including their sports practices and competitions. This can be a touchy subject (as can any subject) once they get to a certain age and no longer want to share everything with mom and dad. This article has some tips for how to approach talking to your swimmer about a practice or race.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/6-tips-for-conversations-after-meets-and-practice/).

**CON Skypoint Transit Invitational Information**

This coming weekend is the first prelim/final meet of the season. These meets are great practice for the championship meets in March as they give the 11-12, 13-14, and 15 & Over swimmers the chance to get accustomed to racing in the morning to qualify for the evening finals session, and then racing again at night.

*Friday:* 1650 swimmers will need to be at the pool by 2:00 PM to sign in. Warm up will be from 2:15-2:55 PM with the event starting at 3:00. Swimmers in the evening session (11-12 200 IM, 13 & Over 400 IM, and 11 & Over 500 Free) will need to be at the pool by 4:00 PM. Warm up will run from 4:15-5:15 PM and the meet will start at 5:30.

*Saturday/Sunday Prelims:* **13-14 and 15 & Over swimmers**. Swimmers should be on deck by 6:45 AM. Warm up will run form 7:00-7:50 and the meet will start at 8:00.

*Saturday/Sunday midday:* **11-12 Prelims and 10 & Under timed finals**. Swimmers will need to be at the pool by 11:15 AM. Warm up will be from 11:30-12:05 and the meet will start at 12:15.

*Saturday/Sunday Finals:* **Top 20 from prelims for 11-12 and 13-14 and top 30 from prelims for 15 & Over**. Swimmers need to be at the pool by 4:45 PM. Warm up will run from 5:00-5:40 and the meet will start at 5:45.

The team policy for all prelim/final meets is that if a swimmer qualifies for a final swim, he/she will return and swim it in the finals session. If a swimmer is unable to make it for the finals session, he/she must be scratched from the final within 30 minutes of the reading of the results. The coaching staff will take care of all scratches and these will be considered individually on a case-by-case basis.

**IA Fall Pentathlon Wrap Up**

The IA Fall Pentathlon is a fun, single session meet where swimmers can get an early season swim in all of the strokes. For our older swimmers, this meet serves more as training for he day than a chance for top performances, but that didn’t stop our team from swimming well. We had over 90 swimmers compete in the meet and 174 first time swims of an event or lifetime best times. Congrats to everyone who swam!

*First Meet:* Liz Anderson, Ava Mancini, Stella McCormick, Aanshi Mittal, Aanya Mittal, Anya Pardal, Malika Pardal, Anavie Sapkota, Emily Vervaet, Lila Wei, and Taylor Kujawski

*New Championship Qualifying Times:* Moe Drew (10 & Under Boys 50 Fly, DIV), Reese Racht (10 & Under Girls 50 Fly, DIV), and Kristy Yu (11-12 Girls 50 Back, DIV)

*Individual All Time Top 10 Performances:* Johnny Bossler (15-16 Boys 100 Fly), Romey Burton (8 & Under Boys 25 Fly, 25 Breast, 25 Free), Lily Christianson (13-14 Girls 100 Back), Connor Craig (17-18 Boys 100 Breast), Gage Hannewyk (15-16 Boys 100 Breast), Johnny Jankoviak (8 & Under Boys 25 Fly, 100 IM), Leo Ni (11-12 Boys 50 Fly, 50 Back, 50 Breast, 50 Free), Kaia Podlin (13-14 Girls 100 Fly), Mary Cate Pruitt (17-18 Girls 100 Fly, 100 Back, 100Free, 200 IM; Open Girls 100 Fly), Joshua Seluzhitskiy (9-10 Boys 50 Fly, 50 Breast, 100 IM)

*Team Records:* Joshua Seluzhitskiy (9-10 Boys 50 Fly, 50 Breast, 100 IM)

**Meet Shirts and Caps**

We gave out the gray meet t-shirts to a large number of the swimmers this past week at practice. If your swimmer has not yet received his/hers, we will again be distributing them at practice this week. If the size your swimmer received is not the correct size, please have them bring it back to practice and we will exchange it for the correct size.

We still have a 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 (youth small through adult large) 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
* November 25 – IA Tim Welsh Invitational

**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**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **11/4** | **Tuesday**  **11/5** | **Wednesday**  **11/6** | **Thursday**  **11/7** | **Friday**  **11/8** | **Saturday**  **11/9** | **Sunday**  **11/10** |
| **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 | 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* | 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* | 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** | 3:30-4:30 PM  *Weights*  *@ Bremen HS*  6:00-8:00 PM  *@ 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 |