

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***December 8, 2019***

**Group Updates**

*Bremen Groups:* There is no practice offered for any group Tuesday and Thursday this week due to high school meets.

**Basketball Games This Week at Notre Dame**

There is just one home basketball game this week that will affect traffic on campus and the availability of access to the Joyce Center.

* Tuesday, December 10 – Men’s basketball vs Detroit Mercy, 7:00 PM
* Wednesday, December 11 – Women’s basketball vs DePaul, 6:30 PM

Please plan to park in the Library or Bulla Lots north of the pool on Tuesday to avoid game traffic. The closest Joyce Lot is generally turned into a handicapped parking lot once traffic control begins, so depending on your arrival time, you may be forced closer to Compton to park if you head toward the Joyce Lots.

PLEASE DO NOT PARK ANYWHERE IN THE DROP OFF LOOP. There are some ND vehicles that will park at various places around the loop or in the drive leading up to Gate 5, but this does not open the drive up for anyone else to park there. We still have had issues with cars being parked in the drop off loop. This creates safety issues for pedestrians and potential situations for cars to get hit. The drop off loop is there so you can drop your swimmers off and then drive away to the parking lot. Please do not leave your car at any time in that area.

There has been an update to the access to the Joyce Center during games. Rolfs Aquatic Center patron can now use the stairwell outside the double doors at the center of the pool to access the spectator gallery (please do not use the stairs at the south end of the facility). You will be able to walk down the hallway in the upstairs concourse to enter the spectator gallery from the normal door at the south end of the facility. We will also have access to the restrooms located in the halls outside the spectator gallery, so we will return to our policy of no parents in the locker rooms.

All of the home basketball games have been uploaded to the *General* calendar on the team website, so you can always check there for updates on what may be happening in the Joyce Center. To find the calendar from the website, log into your account, go to the *Events & Competition* menu on the left-hand navigation bar, and select *General*.

**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 “Can Perseverance and Grit Be Taught?” Many experts say these skills can be taught and this article gives four things that we as parents can do to help teach these to our children.

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-can-perseverance-and-grit-be-taught/).

**Tim Welsh Invitational Donations and Volunteering**

We are coming up quickly on the 2020 Tim Welsh Invitational, which means we are starting to look for hospitality donations. If you would like to donate something, we have a Signup Genius list set up for registration that can be accessed [here](https://www.signupgenius.com/go/20F0E4EAEA62BA7FA7-timwelsh1).

The first round of volunteer positions are posted. Please log into your account to sign up for positions.

**Meet Shirts and Caps**

If your swimmer has not yet received his/her new gray *Swim. Fight. Win!* t-shirt, please have him/her ask Coach Matt for it at practice. Our new caps were supposed to ship by the end of last week, so hopefully we will have those in soon.

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 available for $5 apiece. We have sizes Youth Small through Adult Large available. There may be a few Adult XL shirts available as well.

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**

*New custom items are available now on the 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 Meets & Deadlines**

We have a number of swimmers who are not signed up for the Tim Welsh Invitational. As this is a team hosted meet, we expect that most of the team participates. As discussed with he high school swimmers in September, the team expectation is that they participate in the meet as well (which does require a waiver). Please contact either Coach Matt or Coach Ben to get your swimmer into the meet if you have not yet registered.

The Candy Cane Dual meet with Munster Swim Club is our annual dual meet hosted by MSC. Our swimmers have the option of taking a bus to the meet with the team (not mandatory). We also participate in a Toys for Tots toy drive with MSC at this meet. The format is friendly for all ages, but looking at our coaching staff available for the weekend, we will not have any of our Little Leprechaun coaches at the meet. The swimmers are welcome to attend the meet, but we just wanted to put the notice out there that those group coaches will not be in attendance. The optional bus transportation is also for swimmers who will be fine on transportation without his/her parent.

The CON IMXtreme Challenge has events for 8 & Under through 15 & Over swimmers. The focus of this meet is on completing the IMX event lineup for those swimmers who are ready to do so. Many swimmers in Shamrock 1, all swimmers in Shamrock 2, and all swimmers in Shamrock 3 and Senior should be signing up for the full IMX lineup for this meet. Please consult with the swimmer’s group coach for questions.

The PRO Jr Superstar Invitational is a great developmental level meet at Penn HS. It is a one day event and all Little Leprechaun and Shamrock 1 swimmers should be participating. Shamrock 2, Shamrock 3 and Senior swimmers should consult with their group coach.

The NCISC Winter Championship Meet is for all IA swimmers. Swimmers must have participated in one of the following meets to be eligible for this meet: NCISC Sprint Meet, Elkhart Invitational, or the IA Tim Welsh Invitational. This is a team meet that is focused on earning the highest team score possible, so coaches will enter the swimmers into their events.

The CON Leisure Pools Last Chance Showdown is the last non-championship meet for the short course season. This meet is good for all swimmers in all groups, but for those who are not qualified for the Divisional or higher meets, this meet would serve as his/her championship meet.

The Divisional, Senior State, Age Group State, and Speedo Sectional Championships all require time standard achievements to be eligible for the meet. It is expected that all who qualify, including on relays, attend the championship meet.

* December 9 – Candy Cane Dual Meet

**Upcoming Events**

* 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****12/9** | **Tuesday****12/10** | **Wednesday****12/11** | **Thursday****12/12** | **Friday****12/13** | **Saturday****12/14** | **Sunday****12/15** |
| **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* | 6:00-8:30 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* | 6:00-8:30 PM*@ Rolfs* | No Practice | No Practice |
| **Shamrock 1****Bremen** | 6:00-7:30 PM*@ Bremen HS* | No Practice | 6:00-7:30 PM*@ Bremen HS* | No Practice | No Practice | No Practice | No Practice |
| **Shamrock 2****Bremen** | 6:00-8:00 PM*@ Bremen HS* | No Practice | 6:00-8:00 PM*@ Bremen HS* | No Practice | 6:00-8:00 PM*@ Bremen HS* | No Practice | No Practice |
| **Shamrock 3****Bremen** | 6:00-8:00 PM*@ Bremen HS* | No Practice | 6:00-8:00 PM*@ Bremen HS* | No Practice | 6:00-8:00 PM*@ Bremen HS* | No Practice | No Practice |