

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***December 15, 2019***

**Group Updates**

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

**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 “3 Tips To Help Swim Parents Deal With the Dreaded Plateau.” All swimmers will hit some sort of performance plateau in their careers. This can be a frustrating time for the swimmers as they keep working in practice, but do not see the desired results in the meets. Parents can also feel the frustration of these natural parts of athletic development. This article gives a few tips for parents on how to approach these difficult periods with your swimmer.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/3-tips-to-help-swim-parents-deal-with-the-dreaded-plateau/).

**Tim Welsh Invitational Donations and Volunteering**

We are still in need of many items for hospitality for the upcoming Tim Welsh Invitational. Please consider signing up to donate something. A list of what is still needed is below. You can sign up through Signup Genius which can be accessed [here](https://www.signupgenius.com/go/20F0E4EAEA62BA7FA7-timwelsh1).

* Drinks: cases of Coke (7 needed), Diet Coke (5 needed), Sprite (5 needed), lemonade (6 needed), flavored seltzer water (1 needed), water (10 needed)
* Snacks: packages of individual bags of chips (6 needed), dozen cookies/brownies (7 needed), bags of individually wrapped candies (2 needed), package of individually packaged trail mix (5 needed), boxes of granola bars (4 needed), packages of cheese sticks (6 needed)
* Fruits/Veggies: large bags of carrots (2 needed), bags of celery (2 needed), bags of apples (2 needed), bags of tangerines (5 needed)

All volunteer positions for are open for sign up. We have had a great response thus far. If you have not signed up for your volunteer slots yet, please do so ASAP.

**Meet Shirts and Caps**

Our new caps have finally arrived! Coach Matt will begin distributing them at all swimmers at practice this week. These will be the caps that swimmers must wear at swim meets from this point on.

If your swimmer has not received his/her new gray *Swim. Fight. Win!* t-shirt, Coach Matt can supply that at practice as well.

The old logo caps are still available for purchase and can be worn at practices. The silicone caps are available in pink, green, blue and black (championship team caps, swimmers must have qualified for the level of meet the cap is for) for $5 each. Latex caps are available for $1 each in blue only. We also have a stock of old t-shirts available for purchase.

**Candy Cane Dual Meet**

This coming Saturday is the annual Candy Cane Dual Meet with Munster Swim Club. The meet will take place at Munster High School and we will have bus transportation available for the swimmers. The bus is chartered by Cardinal and will leave at 8:00 AM from the Bulla lot at ND. The bus will return to the same spot after the meet. Attached with the newsletter is an itinerary. The actual return time will depend on the actual end time of the meet. If your swimmer is not going to ride the bus, please let Coach Matt know ASAP. Swimmers who are not taking the bus home (even if they did not ride there) will need to check out with Coach Matt before leaving Munster.

**BA Winter Champions Classic Recap**

We has a small but mighty crew attend the BA Winter Champions Classic last weekend at Purdue University.

*First meet:* Ella Pham

*New cuts:* Lukas Hannewyk (50 Breast, 10 & Under Boys DIV), Archer Jankoviak (100 Fly, 13-14 Boys AGS), Abie Wiencek (100 Free, SRS and Sectional)

*Top 10 Performances:* Charlie Drew (11-12 Girls 50 Fly, 100 Fly), Archer Jankoviak (13-14 Boys 100 Fly), Johnny Jankoviak (8 & Under Boys 50 Free, 200 Free), Brayden Seluzhitskiy (8 & Under Boys 50 Back, 100 Back, 50 Fly), Joshua Seluzhitskiy (9-10 Boys 50 Free, 100 Back, 50 Breast, 100 Breast), Abie Wiencek (13-14 Girls 100 Free)

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

**Winter Juniors Recap**

This week, we had 3 swimmers travel to Atlanta, GA to compete in the 2019 USA Swimming Winter Junior Championships. Johnny Bossler, Lily Christianson, and Mary Cate Pruitt all had amazing meets, posting 19 team records and 10 lifetime best times over 12 swims.

Johnny set 17-18 and Open team record in all events that he swam. He placed 30th in the 500 Free, 34th in the 400 IM, 51st in the 200 Back, and 11th in the 1650 Free. His 1000 split in the 1650 was also a lifetime best and 17-18 and Open team records.

Lily was one of the youngest swimmers in the meet and she finished 18th in the 50 Free, 82nd in the 100 Fly, 60th in the 100 Breast, and 51 in the 100 Free. She also swam a 200 Free time trial and set a team record as well. Her 50 Free is the 2nd fastest time in the country for 13 year olds this year, while her 100 Free was the 5th fastest, her 200 Free was 4th fastest, and her 100 Fly is 9th fastest.

Mary Cate placed 19th in the 500 Free, 12th in the 400 IM and 36th in the 200 Free. Her performances set new team records in every event for the 17-18 age group and lowered her own Open team record in the 400 IM.

This meet is the first time that IA has scored points in both the boys and girls meets at the Winter Junior Championships. Mary Cate scored 5 points in the 400 IM and Johnny scored 6 points in the 1650 Free,

Congrats on a great meet!

**South Bend City Schools Meet**

Congratulations to the following IA girls competed on Saturday, December 14, 2019 at Riley High School in the Girls’ South Bend City Schools Meet:

Yvette Burton – 200 Medley Relay, 50 Free, 100 Free, 200 Free Relay

Andie Drew – 200 Free, 500 Free, 200 Free Relay, 400 Free Relay

Ryan Drew – 200 IM, 200 Free Relay, 100 Breast

Olivia Elston – 200 Medley Relay, 50 Free, 100 Back, 400 Free Relay

Cece Farrell – 200 Free, 200 Free Relay, 100 Breast

Emma Feltzer – 50 Free, 100 Free, 200 Free Relay, 400 Free Relay

Alexa Hunt – 200 Medley Relay, 100 Free, 100 Back, 400 Free Relay

Clare Jachim – 200 Medley Relay, 50 Free, 100 Free, 200 Free Relay

Katie Jachim – 50 Free, 100 Fly, 200 Free Relay, 400 Free Relay

Jane Lloyd – 200 Medley Relay, 200 IM, 100 Free, 400 Free Relay

Rebecca Pan – 200 Medley Relay, 100 Fly, 100 Breast

Lauren Pieniazkiewicz – 200 Medley Relay, 100 Fly, 200 Free Relay, 100 Breast

Mary Cate Pruitt – 200 Medley Relay, 200 IM, 100 Back, 400 Free Relay

Peyton Racht – 200 Medley Relay, 100 Free, 100 Back

**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](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 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.

**Upcoming Events**

* 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**  **12/16** | **Tuesday**  **12/17** | **Wednesday**  **12/18** | **Thursday**  **12/19** | **Friday**  **12/20** | **Saturday**  **12/21** | **Sunday**  **12/22** |
| **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* | No Practice | 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* | No Practice | 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* | No Practice | 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 |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **12/23** | **Tuesday**  **12/24** | **Wednesday**  **12/25** | **Thursday**  **12/26** | **Friday**  **12/27** | **Saturday**  **12/28** | **Sunday**  **12/29** |
| **Little Leprechauns** | 5:30-6:30 PM *@ Rolfs* | No Practice | No Practice | 5:30-6:30 PM *@ Rolfs* | 5:30-6:30 PM *@ Rolfs* | No Practice | No Practice |
| **Shamrock 1 SB** | 5:30-7:00 PM *@ Rolfs* | No Practice | No Practice | 5:30-7:00 PM *@ Rolfs* | 5:30-7:00 PM *@ Rolfs* | No Practice | No Practice |
| **Shamrock 2 SB** | 5:30-7:30 PM *@ Rolfs* | No Practice | No Practice | 5:30-7:30 PM *Dryland*  *@ Rolfs* | 5:30-7:30 PM *@ Rolfs* | No Practice | No Practice |
| **Shamrock 3 SB** | 9:00-11:00 AM  *@ Rolfs*  5:30-7:30 PM  *Dryland*  *@ Rolfs* | No Practice | No Practice | 9:00-11:00 AM  *@ Rolfs*  5:30-7:30 PM  *@ Rolfs* | 9:00-11:00 AM  *@ Rolfs*  5:30-7:30 PM  *@ Rolfs* | No Practice | No Practice |
| **Senior**  **SB** | 9:00-11:00 AM  *@Rolfs*  5:30-7:30 PM  *Dryland*  *@ Rolfs* | No Practice | No Practice | 9:00-11:00 AM  *@Rolfs*  5:30-7:30 PM  *@ Rolfs* | 9:00-11:00 AM  *@Rolfs*  5:30-7:30 PM  *@ Rolfs* | No Practice | No Practice |
| **Shamrock 1**  **Bremen** | TBA | No Practice | No Practice | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | No Practice | No Practice |
| **Shamrock 2**  **Bremen** | TBA | No Practice | No Practice | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | No Practice | No Practice |
| **Shamrock 3**  **Bremen** | TBA | No Practice | No Practice | 6:00-8:00 PM  *@ Bremen HS* | 6:00-8:00 PM  *@ Bremen HS* | No Practice | No Practice |