

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***December 22, 2019***

**Group Updates**

*All groups, all locations:* There are modified schedules for all groups and locations this week due to the holidays. Please check the schedule at the end of this newsletter for the full schedule.

**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 “How Can Parents Encourage a Mindset of a Champion?” As we enter a new year and a new decade, it is often the time we set resolutions and goals for ourselves. Do those goals involve helping your children be the best they can for the long run? This week’s article discusses briefly the concept of growth and fixed mindsets as presented by Carol Dweck in her book *Mindset: The new Psychology of Success*. How can we as parents encourage growth mindset in our children, helping them on the path to long term success? This article has a few suggestions.

The article will be posted on the team Facebook page on Tuesday morning, but you can get to it now [here](https://swimswam.com/how-can-parents-encourage-a-mindset-of-a-champion/).

**Tim Welsh Invitational Donations and Volunteering**

There are still a few items needed hospitality for this coming weekend’s Tim Welsh Invitational. Please consider signing up to donate something. You can sign up through Signup Genius which can be accessed [here](https://www.signupgenius.com/go/20F0E4EAEA62BA7FA7-timwelsh1).

We are still in need of volunteers for every session, but the finals sessions on Saturday and Sunday have the biggest needs. Please see the attachment in the email with this newsletter for a full list of what positions are still needed as well as a document with descriptions of all the positions for the meet. We have about half of our active families signed up to work at least 1 session of the meet, but we do require all families to participate. If you have not signed up, please contact Coach Matt immediately letting him know which volunteer positions you can fill. High school swimmers not competing in the meet are expected to help as well, so please pass along sessions they may be available to help as well.

**Tim Welsh Invitational Apparel Pre-Order**

Just Add H2O has a site set up for pre-ordering meet apparel for the Tim Welsh Invitational. If you would like to order items ahead of time, you can access the store [here](https://shop.justaddh2o.us.com/shop/diving/en/view-products/swim/team-store?filters=M_1369&priceRange=0,200).

**Tim Welsh Invitational Meet Information**

The meet information for this week’s meet has been updated on the website. Click [here](https://www.teamunify.com/team/isia/controller/cms/admin/index#/calendar-team-events) and them click on “IA Tim Welsh Invitational” to access the updated information.

*Warm Up:*

* On Friday, swimmers will need to be on deck at 3:45. The warmup will be split with 13 & Overs swimming from 4:00-4:25 and 11 & Unders swimming from 4:25-4:45.
* On Saturday and Sunday mornings, 11 & Over swimmers need to be on deck at 6:45 AM. Warmup will run from 7:00-7:45 AM.
* The 10 & Under warmup on Saturday and Sunday will be from 11:00-11:45 AM. Swimmers should be at the pool by 10:45.
* Finals warm up for the 11 & Overs on Saturday and Sunday will begin at 4:00 PM. Swimmers should be back at the pool by 3:45 PM each day.

*Meet Times:*

* On Friday, the meet will start at 5:00 PM. The girls will swim in the South Pool (scoreboard end) and the boys will swim in the North Pool (diving board end). The session should be done in both pools between 7:30 and 8:00 PM.
* On Saturday and Sunday mornings, the Prelims sessions will begin at 8:00 AM and will finish right round 11:00. On Saturday the 11-12 girls and 13 & Over boys will compete in the North Pool and the 11-12 boys and 13 & Over girls will compete in the South Pool. On Sunday, it will be the opposite of Saturday.
* On Saturday and Sunday for the 10 & Under sessions, the meet will start at 12:00 PM and will end around 4:00 PM, though Saturday’s session is scheduled to be a little longer than Sunday’s. All swimmers will compete in the North Pool.
* Finals on Saturday and Sunday will begin at 5:00 PM and will end around 7:30 PM. All competition will be in the North Pool.

*Relays:* Attached to the email with the newsletter is a tentative list of relays. Please note that all 400 Freestyle and Medley relays for the 11-12 and 13 & Over age groups will be contested in finals and swimmers are expected to attend the session for those relays.

**Meet Shirts and Caps**

Our new caps have finally arrived and most of our swimmers have received them. Each swimmer gets 1 cap, either latex or silicone, with registration and then any additional caps must be purchased. Swimmers are reminded to keep track of their own cap and make sure that it is in his/her swim bag after every practice and meet. Any old team caps can be worn in practice, but only the new silver Arena team caps may be worn at meets (no exceptions). Additional and new caps can be purchased from Coach Matt for $12 for silicone and $5 for latex. You can pay cash on the spot or it can be billed to your account.

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.

**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**

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**

* 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**  **12/30** | **Tuesday**  **12/31** | **Wednesday**  **1/1** | **Thursday**  **1/2** | **Friday**  **1/3** | **Saturday**  **1/4** | **Sunday**  **1/5** |
| **Little Leprechauns** | 5:30-6:30 PM *@ Rolfs* | No Practice | No Practice | 5:30-6:30 PM *@ Rolfs* | No Practice | No Practice | No Practice |
| **Shamrock 1 SB** | 5:30-7:00 PM *@ Rolfs* | No Practice | No Practice | 5:30-7:00 PM *@ Rolfs* | No Practice | No Practice | No Practice |
| **Shamrock 2 SB** | 5:30-7:30 PM *@ Rolfs* | No Practice | No Practice | 5:30-7:30 PM *Dryland*  *@ Rolfs* | No Practice | No Practice | No Practice |
| **Shamrock 3 SB** | 9:00-11:00 AM  *@ Rolfs*  5:30-7:30 PM  *Dryland*  *@ Rolfs* | No Practice | No Practice | 5:30-7:30 PM  *@ Rolfs* | No Practice | No Practice | No Practice |
| **Senior**  **SB** | 9:00-11:00 AM  *@Rolfs*  5:30-7:30 PM  *Dryland*  *@ Rolfs* | No Practice | No Practice | 5:30-7:30 PM  *@ Rolfs* | No Practice | No Practice | No Practice |
| **Shamrock 1**  **Bremen** | 10:30-12:00 PM *@ Bremen HS* | No Practice | No Practice | 10:30-12:00 PM *@ Bremen HS* | No Practice | No Practice | No Practice |
| **Shamrock 2**  **Bremen** | 10:30-12:30 PM  *@ Bremen HS* | No Practice | No Practice | 10:30-12:30 PM  *@ Bremen HS* | No Practice | No Practice | No Practice |
| **Shamrock 3**  **Bremen** | 10:30-12:30 PM  *@ Bremen HS* | No Practice | No Practice | 10:30-12:30 PM  *@ Bremen HS* | No Practice | No Practice | No Practice |