

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***December 16, 2018***

**Group Notes**

*Bremen groups*

There will be no practice on Tuesday or Friday in Bremen this week.

*SB Gold*

Dryland will be Monday and Wednesday this week at Rolfs Aquatic Center from 6:00-6:30 PM.

**Swimmer of the Meet Nominees for 12/5-9**

Click [here to vote](https://goo.gl/forms/DNVmtKZwOMLJFl8E3) for your pick for the Swimmer of the Meet from the weekend of December 5-9. This includes both the 2018 Speedo Winter Junior Championships and the BA Winter Champions Classic.

*Johnny Bossler* – Johnny had a spectacular meet at the 2018 Speedo Winter Junior Championships in Greensboro, NC. He posted lifetime bests in the 200 Back, 400 IM, 1000 Free (in his opening split of the mile), and 1650 Free, setting 15-16 team records in all of them as well as the Open team record in the 1650.

*Izzy Shula­* – Izzy had a great meet which included breaking 30 seconds in the 50 Free for the first time, dropping 2 seconds in the 100 Breast, and 8 seconds in the 200 Brest.

*Addy Farmer* – Addy swam lifetime bests in the 50 Free and 50 back by nearly 2 seconds in each race and was 0.02 seconds off her lifetime best in the 50 Breast.

**Hospitality Donations for the Tim Welsh Invite**

Thank you to the families that have signed up to donate food and drinks for the hospitality for the Tim Welsh Invitational. We are still in need of a lot more though! There are 65 items on the list that have not been signed up for. The donations will be used for the hospitality table accessible to all volunteers during the meet, as well as the coach/official hospitality room. The donations are greatly appreciated and keep our operating costs for the meet down. Please visit the link and considering signing up to donate something from the list. Donations can be dropped off the week of the meet (or before if need be).

<https://www.signupgenius.com/go/20F0E4EAEA62BA7FA7-timwelsh>

**Holiday Schedule**

We are trying to keep the practice schedule as close to normal as possible through the week between Christmas and New Year’s. The practice times will remain normal for the Green, Bronze and Silver groups, but will shift to 5:30-8:00 for the Gold group for 12/26-28. We are also trying to have a morning practice for the Gold group from 8:00-10:00 AM on those dates. We have also requested pool time from 8:00-10:00 AM on 12/29-31. I am waiting to hear if there are lifeguards available for us to swim at those times.

There will be no practices for any group December 22-25 and January 1. We will resume our normal schedule for January 2-3 (with the Gold group starting at 5:30) and our meet starts on January 4.

**Traffic on Campus**

There are 3 basketball games this week that will cause increased traffic on campus and may have parking attendants directing traffic and limiting which lots you may park in.

* Tuesday, December 18 – ND Men vs Binghamton University, 7:00 PM start
* Wednesday, December 19 – ND Women vs Western Kentucky University, 7:00 PM start
* Thursday, December 20 – ND Men vs the University of Jacksonville, 7:00 PM start.

**Upcoming Meets**

Here is a brief synopsis of the upcoming meets in December, January and February for which registration deadlines have not passed:

* *CON IMXtreme Challenge*: This meet is built off the USA Swimming IMXtreme program, which is designed to encourage swimmers to participate in the long Butterfly, Backstroke, and Breaststroke events and distance Freestyle and IM events. Swimmers of all groups who are capable of completing the events (even if some may be a struggle) are highly encouraged to compete in all of the IMX events. Visit the meet page for the listing of events for each age group. The individual and team scoring for the meet will be based on the power point scores for the swimmers who compete in all of the IMX events. This is the perfect time for the swimmers to step out of their comfort zones and challenge themselves!
* *PRO Junior Superstar*: This is a one day meet at Penn HS and is a great option for swimmers who are going after cuts or those swimmers looking for a quick tune-up leading into the championship season. This is also a great meet for our younger and newer swimmers as it is local and just a single day.
* *NCISC Winter Championship*: The NCISC is the local conference we belong to with SBSC, ELK, GSI, WWST, and PAC, KSC and RR. This is the championship meet for the short course season for this conference and all swimmers are encouraged to attend. Swimmers must have participated in at least one of the following meets to be eligible: NCISC Sprint Meet, IA Fall Pentathlon, dual meet with WWST, WWST Santa Swim, or the IA Tim Welsh Invitational. Swimmers will be able to swim up to 3 individual events and 2 relays. The top 3 placed swimmers from each team in each event will be eligible to score points. It has been 3 years since we won the championship and we are looking forward to competing for it again this season!

**Tim Welsh Invitational Volunteering**

If you have any questions about volunteering at the Tim Welsh Invitational, please contact meet director Andrea Martin at jralapam@gmail.com or 269-845-5171. The job signups are open online. Click on the “Job Signup” button under the meet title on the Events page to sign up for your spots.

The pool breakdown for the meet is as follows:

Friday PM: Girls in the north pool and boys in the south pool.

*Saturday AM*: 11-12 Boys and 13 & Over Girls in the north pool and 11-12 Girls and 13 & Over Boys in the south pool.

*Sunday AM*: 11-2 Girls and 13 & Over Boys in the north pool and 11-12 Boys and 13 & Over Girls in the south pool

*Saturday/Sunday 10 & Under and Finals Sessions*: All competition will be in the north pool.

For any families who volunteer more than the required 4 sessions at the meet or any families who only have swimmers in the Green group who will not be competing in the meet, we will hold a drawing for a special IA prize in honor of your dedication to the team and helping to make our event a success!

**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 Deadlines**

The registration deadline for the Tim Welsh Invitational (team hosted meet January 4-6, 2019) has passed. If you did not register your swimmer, please contact Coach Ben ASAP.

* December 16 – Registration Deadline: CON IMXtreme Challenge (Event Date: January 18-20)
* January 25 – Registration Deadline: NCISC Winter Championship (Event Date: February 9)

**Upcoming Events**

* January 4-6 – IA Tim Welsh Invitational, Rolfs Aquatic Center
* January 18-20 – CON IMXtreme Challenge, Concord HS
* February 3 – PRO Jr Superstar Invitational, Penn HS
* February 9 – NCISC Winter Championship, Riley HS
* February 22-24 – CON Last Chance Showdown, Concord HS
* March 1-3 – NC Divisional Meet, Northridge HS
* March 8-10 – Age Group State, IU Natatorium
* March 15-17 – Senior State, Pike HS
* March 28-31 – Speedo Sectionals (LCM), IU Natatorium

**Practice Schedule**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday****12/17** | **Tuesday****12/18** | **Wednesday****12/19** | **Thursday****12/20** | **Friday****12/21** | **Saturday****12/22** | **Sunday****12/23** |
| **Green** | 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 |
| **SB Bronze** | 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 |
| **SB Silver** | 6:00-8:00 PM*@ Rolfs* | 6:00-8:00 PM*@ Rolfs*Dryland | 6:00-8:00 PM*@ Rolfs* | 6:00-8:00 PM*@ Rolfs*Dryland | 6:00-8:00 PM*@ Rolfs* | No Practice | No Practice |
| **SB Gold** | 6:00-8:30 PM*@ Rolfs*Dryland | 6:00-8:30 PM*@ Rolfs* | 6:00-8:30 PM*@ Rolfs*Dryland | 6:00-8:30 PM*@ Rolfs* | 6:00-8:00 PM*@ Rolfs* | No Practice | No Practice |
| **Bremen Bronze** | 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 |
| **Bremen Silver/Gold** | 6:00-8:00 PM*@ Bremen HS* | No Practice | 6:00-8:00 PM*@ Bremen HS* | 6:00-8:00 PM*@ Bremen HS* | No Practice | No Practice | No Practice |