

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***January 13, 2019***

**Group Notes**

*Bremen groups*

There will be no practice on Tuesday in Bremen this week due to a home high school meet.

*SB Gold*

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

**Meet Information: CON IMXtreme Challenge**

* Date: Friday, January 18 – Sunday, January 20, 2019
* Location: Concord High School, 59117 Minuteman Way, Elkhart, IN 46517. The entrance for the meet will be through Door 17, which is different than the normal entrance due to construction.
* Schedule:
  + Friday PM: Swimmers should be signed in and on deck by 5:15. Warm up will run from 5:30-6:05 and the meet will begin at 6:15.
  + Saturday/Sunday AM (8 & Under, 10 & Under swimmers): Swimmers should be signed in and on deck by 8:15. Warm up will be from 8:30-9:00 with the meet starting at 10:00.
  + Saturday/Sunday PM (11-12, 13 & Over swimmers): Swimmers should be signed in and on deck by 11:45 AM. Warm up will be from 12:00-12:45 PM with the meet beginning at 1:00.
* Apparel: Swimmers can wear their choice of IA gear of Friday, their green *Swim.Fight.Win!* t-shirt on Saturday and their gray t-shirt on Suday. Blue Dolfin IA team swim caps will be worn all weekend.

**Tim Welsh Invitational Recap**

Thank you to all IA families who volunteered to help make the 2019 Tim Welsh Invitational a great success. We had 735 swimmers from 25 teams covering Indiana, Michigan, Ohio, Illinois, Wisconsin and Iowa. Over the course of the weekend, 13 meet records were broken, 4 of which were done by IA swimmers (Lauren Kilgore in the 15 & Over Girls 400 IM and 200 Free; Mary Cate Pruitt in the 15 & Over Girls 1650 Free; and Lily Christianson in the 11-12 Girls 400 IM). There were also numerous team records set: Lily Christianson (11-12 Girls 400 IM), Joshua Seluzhitskiy (9-10 Boys 100 Breast, 100 Fly, 100 IM and 200 IM) and Lauren Kilgore (17-18 Girls 400 IM).

A special thank you goes out to Jon and Andrea Martin, our meet directors for this year’s event. This was their first go around as meet directors and they did a great job, leading us through a successful event. Also, a big thank you to Kristin Pruitt who served as the meet referee, which is never as easy job and requires her to be “on the clock” for the entire meet, making sure the swimming portion of the event is running and being conducted within the rules. There are many others who did more than their share over the course of the weekend, and we thank all of you and appreciate your willingness to go above and beyond for the team so we can put on large, successful meets.

**Mid States All Star Championship**

While the team was running and competing at the Tim Welsh Invitational, three of our athletes were selected to compete for Team Indiana at the Mid States All Star Championship in Indianapolis. Lily Christianson, Kaia Podlin, and Leo Ni all competed in 6 events for Team Indiana, helping them to a overall team title. Lily won the 50 and 100 Butterfly, Breaststroke and Freestyle events, setting meet records in all but the 50 Free and Indiana Association Records (fastest ever time by an IN Swimming swimmer in the age group) in the 50 and 100 Butterfly. Her 50 Butterfly time of 25.62 is currently the fastest time for 12 year old girls in the country this year and 22nd all time for 11-12 girls in the USA. Kaia Podlin also competed in the 50 and 100 Free, Breast and Fly events, finishing in 8th in the 50 Free, 6th in the 100 Free, 3rd in the 50 Breast, 4th in the 100 Breast, 8th in the 50 Fly, and 9thin the 100 Fly. Both Kaia and Lily were members of the A 200 Free and Medley relays as well, helping Team Indiana to 1st place finishes in both. Leo Ni competed in the 10 & Under Boys 50 (5th), 100 (8th) and 200 Free (10th), the 50 (2nd) and 100 Back (2nd), and the 50 Fly (10th), and was a member of the 2nd place 200 Medley Relay and the 4th place 200 Free Relay. Congrats to all three of you on a great meet!

**Girls HS Swimming Update**

This past weekend, IA swimmers from many of the local high schools competed in the NIC Championship at Mishawaka High School. Here is a breakdown of how our girls swam:

*Bremen High School*

Kailey Simmons – 200 Medley Relay (8th), 50 Free (3rd), 100 Free (3rd), 200 Free Relay (7th)

Reid Frame – 200 Medley Relay (15th), 100 Free (24th), 200 Free Relay (16th)

*Clay High School*

Alexa Hunt – 200 Free (10th), 100 Free (12th), 200 Free Relay (10th), 400 Free Relay (7th)

*Penn High School*

Abby Meckstroth – 500 Free (7th)

*St. Joseph High School*

Emma Feltzer – 200 Free (2nd), 100 Free (2nd), 200 Free Relay (1st), 400 Free Relay (1st)

Ryan Drew – 200 Free (7th), 500 Free (6th), 400 Free Relay (5th)

Clare Jachim – 200 Medley Relay (2nd), 50 Free (4th), 100 Free (8th), 200 Free Relay (3rd)

Katie Jachim – 100 Fly (6th), 200 Free Relay (3rd), 400 Free Relay (5th)

Jane Lloyd – 200 Medley Relay (1st), 200 IM (6th), 100 Back (3rd), 400 Free Relay (1st)

Rebecca Pan – 200 Medley Relay (2nd), 100 Back (7th), 100 Breast (3rd)

Lauren Pieniazkiewicz – 200 Medley Relay (1st), 50 Free (2nd), 200 Free Relay (1st), 400 Free Relay (1st)

Mary Cate Pruitt – 200 Free (1st), 500 Free (1st), 200 Free Relay (1st), 400 Free Relay (1st)

Aislinn Walsh – 200 Medley Relay (1st), 200 IM (1st), 200 Free Relay (1st), 100 Breast (1st)

**Entrance into Rolfs Aquatic Center**

The University is making changes to the available access points to the Joyce Center, including Rolfs Aquatic Center. From this point on, all pool traffic is to enter through Gate 5, the glass doors that lead directly into Rolfs Aquatic Center. The doors at Gate 6 will be locked at all times and are not to be used as an entry to the pool. This has been the policy for game days but will now be the policy at all times. We are still awaiting more details on the updated access points and if there will be any other changes, but when we get more information, we will pass it on to all team members.

**New Year’s Reminder on Athlete Safety**

As we get into 2019, let’s take a second to review some of our policies and best practices designed to keep our athletes safe in all situations:

*Drop off/Pick up*: When dropping off you swimmer, if you are not walking your swimmer into the building, you should at least keep him/her in your view until he/she gets into the building via Gate 5. We have had times when the door gets locked and the swimmers are not able to get in. We do not want swimmers to be stranded outside with no one around. At pick up time, please be sure to be prompt in picking your swimmer up. Starting Monday, the students will be back on campus and we do not want our swimmers waiting outside alone on a college campus. If you will be late for pick up, please notify one of the coaches so we can inform the swimmer and have them wait inside until their ride arrives.

*Joyce Center*: Swimmers are not to be running around the Joyce Center. If there are swimmers/siblings waiting for others to finish their workouts, they should remain in Rolfs Aquatic Center under adult supervision. After practices have ended, the coaching staff cannot provide supervision for unattended swimmers as they are still running workouts. Unattended/unsupervised swimmers will be forced to sit on the pool deck until their ride arrives.

*Locker Rooms*: Swimmers are to use the locker rooms as a place to shower and change after practice, as well as use the restroom during or after practice. The locker rooms are not a place for horseplay or hanging out. Soap is provided by the University as required by health code, but this should be used for washing before and after practice. The soap containers should never be opened or removed from the wall. All showers should be turned off after use and if the swimmers cannot get a shower to turn off, they should report that immediately to one of the coaches. There should never be any sort of cell phone usage in the locker room. Most cell phones have picture and video capability and to keep everyone safe, the best practice is to not even accept/make a phone call while in the locker room. All cell phones should remain put away at all times in the locker rooms.

**Upcoming Meets**

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

* *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!

**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**

* January 25 – Registration Deadline: NCISC Winter Championship (Event Date: February 9)
* January 25 – Registration Deadline, PRO Jr Superstar Invitational (Event Date: February 3)

**Upcoming Events**

* 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**  **1/14** | **Tuesday**  **1/15** | **Wednesday**  **1/16** | **Thursday**  **1/17** | **Friday**  **1/18** | **Saturday**  **1/19** | **Sunday**  **1/20** |
| **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 | No Practice | 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* | No Practice | 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 |