

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***January 20, 2019***

**Group Notes**

*Bremen groups*

*All SB Groups*

There will most likely be no practice on Thursday at Notre Dame this week due to the visiting college teams requiring pool time that evening before their meet on Friday and Saturday at Rolfs. I have not been given the official “no go” on practice yet, but I do expect to find out on Monday evening that we will not have any pool time on Thursday. Also, due to the meet, we will not have practice at Notre Dame on Friday. Gold and Silver swimmers can attend the practice in Bremen. There is a possibility that we will offer a Sunday evening practice for the Gold and Silver groups. This will be decided and sent out mid-week.

*SB Gold*

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

**Tim Welsh Invitational – Extraordinary Volunteer Recognition**

At our team hosted meet, we had a number of families go above and beyond for the team, donating more of their time than required. In all, there were 12 families who signed in and worked more than 4 shifts over the course of the weekend. The Heintzberger, Grewal, Horvath, Bossler, Jachim, Pruitt, Farrell, Hannewyk, Krygowski, Racht, Yoder, and Wiencek families provided volunteers for at least 5 shifts. These 12 families were entered into a drawing for a prize, just a small token of our appreciation for their commitment to the team. The prize is an IA tumbler (the same one from the Fan Cloth sale earlier this year) and the winner is the Krygowski family, who filled 8 volunteer slots over the course of the meet.

**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. You login information for the app is the same as it is for the website.

**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, (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.

[This Photo](http://frz40.wordpress.com/2012/08/21/giudicare/) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/)

**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**

* 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**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday****1/21** | **Tuesday****1/22** | **Wednesday****1/23** | **Thursday****1/24** | **Friday****1/25** | **Saturday****1/26** | **Sunday****1/27** |
| **Green** | 6:00-7:00 PM*@ Rolfs* | 6:00-7:00 PM*@ Rolfs* | 6:00-7:00 PM*@ Rolfs* | TBA | 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* | TBA | 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* | TBA | No Practice | No Practice | TBA |
| **SB Gold** | 6:00-8:30 PM*@ Rolfs*Dryland | 6:00-8:30 PM*@ Rolfs* | 6:00-8:30 PM*@ Rolfs*Dryland | TBA | No Practice | No Practice | TBA |
| **Bremen Bronze** | 6:00-7:30 PM*@ Bremen HS* | 6:00-7:30 PM*@ Bremen HS* | 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* | 6:00-8:00 PM*@ Bremen HS* | 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 |