

Irish Aquatics

*Swim. Fight. Win! Go Irish!*

**IA Weekly News**

***January 27, 2019***

**Group Notes**

*Bremen groups*

The final home meet of the year for Bremen High School will be Tuesday. There will be no practice for any Bremen group on Tuesday.

*SB Gold*

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

**Winter Weather**

It may have taken a long time, but the northern Indiana winter weather is finally here and that means that there are lots of school closings, slippery roads, and cold temperatures. Our goal is to always offer practice when we can, but there are times that we will cancel. Email notification will be sent out to all active families in the event of a cancelation and we will also post on our Facebook and Twitter pages. Remember that the safety of our swimmers and families trumps anything else and you have the ultimate responsibility to decide whether or not to bring/send your swimmer to practice.

With the extremely cold temperatures set to hit this week (highs below zero mid-week), swimmers should be dressed appropriately coming into and leaving practice. Hats, gloves, coats, pants, and layered clothing are paramount to keeping warm, especially with wet hair. No swimmer should be running out of the building in shorts and sandals (it happens every year!). Also, aside from the risk of having swimmers waiting outside for a ride on a college campus in the dark, the cold temperatures make it even more important that swimmers are picked up promptly after practice or are instructed to wait inside until their ride arrives. Our coaches cannot patrol the pickup area after each group ends, so please have a plan in place with your swimmer for pick up!

**High School Swimmers Update**

*Girls Sectionals*

Good luck to our high school girls who will be competing in the IHSAA Sectional this Thursday and Saturday. Our swimmers at Bremen, Penn and St. Joe will be swimming at Mishawaka High School and our swimmers at LaPorte will be swimming at Chesterton High School. Thursday are the preliminaries and Saturday are the Finals. The Sectional meet serves as the qualifier for the State Championship which will be held the following week in Indianapolis. The winning swimmer in each event gets an automatic invite and any swimmer who achieves the state standard in the Sectional finals will be invited as well.

*Boys NIC Championship*

The boys NIC Championship was held at SB Riley HS this past Saturday. We had a number of IA swimmers represent their schools.

***Bremen HS***

Luke Becker: 200 Medley Relay, butterfly leg (6th), 100 Butterfly (4th), 200 Free Relay (6th)

Anders Brurok: 200 Medley Relay, backstroke leg (6th), 200 Free (5th), 500 Free (6th), 400 Free Relay (12th)

Beck Brurok: 200 Medley Relay, breaststroke leg (6th), 200 IM (5th), 200 Free Relay (6th), 100 Breaststroke (9th)

***Mishawaka High School***

Trevor Heintzberger: 200 Medley Relay, breaststroke leg (14th), 200 IM (25th), 500 Free (14th), 200 Free Relay (15th)

***Penn High School***

Connor Craig: 200 Medley Relay, freestyle leg (1st), 200 IM (3rd), 200 Free Relay (1st), 400 Free Relay (3rd)

Matthew Pruitt: 200 Medley Relay, backstroke leg (8th), 100 Butterfly (9th), 100 Backstroke (6th), 400 Free Relay (3rd)

***St. Joseph High School***

Chris Achkar: 200 IM (8th), 200 Free Relay (10th), 100 Backstroke (10th), 400 Free Relay (10th)

Johnny Bossler: 200 Medley Relay, backstroke leg (5th), 200 IM (2nd), 200 Free Relay (2nd), 100 Backstroke (2nd)

Gage Hannewyk: 200 Medley Relay, freestyle leg (5th), 50 Free (5th), 100 Free (5th), 200 Free Relay (2nd)

Penn High School won the meet. Congrats to all on some great swimming!

**Team Banquet**

The short course team banquet will be held on Wednesday, March 20, 2019 at Knollwood Country Club. Details will be available soon and we will be using an online RSVP system. We will notify everyone when the invitations will go out.

**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.

**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 only 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:

* *CON Last Chance Invitational*: The CON Last Chance Invitational will be the last meet of the short course season for those swimmers who do not have Divisional or State qualifying times. Those swimmers with their championship times should talk to their group coach before entering the meet to be sure that it is the best option for them to swim in this meet as their preparation for Divisional/State could be impacted by adding racing leading up to their championship meet. There is a time trial at the end of the meet on Sunday for anyone who is close to a Divisional cut. This meet is the last chance to qualify for the Divisional meet.
* *NC Divisional Meet*:The NC Divisional meet is for swimmers who have achieved a DIV time standard, but not an AGS/SRS time standard in the event(s) they wish to swim. The meet is prelim/final for 11-12, 13-14 and 15 & Over swimmers (except for the 500 Free, 1650 Free, 200 IM for 11-12s, 400 IM for 13-14 and 15 & Overs, and relays), and timed final for all 10 & Under events. If you have questions on whether your swimmer is qualified for this meet, talk to his/her group coach.
* *Age Group State*:Swimmers must have achieved an AGS time standard for their age group in any event they wish to swim. The coaching staff will construct relays based on our best combinations and will be informing families within the coming weeks as to what the potential relays look like.
* *Senior State*:Swimmers must have achieved a SRS time standard for their age group in any event they wish to swim. There are bonus events allowed at this meet under the following formula: 1 cut/1 bonus, 2 cuts/2 bonus, 3 cuts/1 bonus, 4 or more cuts/no bonus. The coaching staff will construct relays based on the best combinations and will be informing families in the coming weeks as to what the potential relays look like.
* *Speedo Sectionals*:This is the first long course meet for IA in 2019. This will be a very fast and very big meet. Swimmers must have achieved a minimum of a Sectional time standard to qualify for the meet. Swimmers making at least one cut but less than 4 can supplement their entry with bonus swims up to 4 total events. Coach Matt will be reaching out to families with qualified swimmers this week for commitments. The meet will be capped at 850 athletes and is expected to reach that cap before the entry deadline.

**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**

* February 1, 2019 – CON Last Chance Invitational (Meet Date: February 22-24)
* February 19, 2019 – NC Divisional Meet (Meet Date: March 1-3) *Swimmers qualifying at the CON Last Chance Invitational will be able to be added to the entry after this date.*
* February 26, 2019 – Age Group State Championship (Meet Date: March 8-10) *Swimmers qualifying at the Divisional meet will be able to be added to the entry after this date.*
* March 5, 2019 – Senior State Championship (Meet Date: March 15-17)

**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 20 – Team Banquet, Knollwood Country Club
* March 28-31 – Speedo Sectionals (LCM), IU Natatorium

*The long course schedule is still being finalized and will be published by February 12.*

**Practice Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Monday**  **1/28** | **Tuesday**  **1/29** | **Wednesday**  **1/30** | **Thursday**  **1/31** | **Friday**  **2/1** | **Saturday**  **2/2** | **Sunday**  **2/3** |
| **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* | 6:00-8:00 PM  *@ Bremen HS* | No Practice | No Practice |