

# WEEKLY RUNDOWN

***1-12-2026***



# Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>	<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>  <b>RED DRYLAND</b> <b>6:30–7:15 PM</b>	<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>  <b>BLUE DRYLAND</b> <b>6:30–7:15 PM</b>	<b>NO PRACTICE</b>  <b>LHS/SK/RIVET</b> <b>HOME SWIM</b> <b>MEET</b>	<b>NO PRACTICE</b>	<b>R GRP</b> <b>9:00–11:00 AM</b>  <b>B GRP</b> <b>9:00–11:00 AM</b>

# Coaches Corner

- Upcoming Events
  - **[NEW] WVST Volunteer Event: Olney Food Pantry**
    - **Sunday, January 25<sup>th</sup> Noon – 3:00 PM CST**
  - THT Arctic Blast @ Vigo Schools Aquatic Center, Terre Haute
    - JAN 31<sup>st</sup> – FEB 1<sup>st</sup> | 29 out of 40 Swimmers currently signed up.
    - **REGISTRATION DEADLINE: 12 JAN**
  - JAGS Winter Invite @ IU Natatorium, Indianapolis
    - FEB 6<sup>th</sup> – 8<sup>th</sup> | 14 out of 40 Swimmers currently signed up.
    - **REGISTRATION DEADLINE: 14 JAN**
  - WIN Cupid Splash @ Castle High School, Newburgh IN
    - FEB 13<sup>th</sup> – 15<sup>th</sup>
  - Conference Championship @ Mt. Vernon High School
    - FEB 27<sup>th</sup> – MAR 1<sup>st</sup> | ***Coach Drew encourages the whole team to attend.***

# Swimmer Spotlight

- **Happy Birthday!**
  - No birthdays this week.
- No practice this Thursday. Come out and cheer for Carter, Daniel, and Yaretzi at their home swim meet!

# | Positive Coaching Alliance

- Summer Sanders: 4 Ways Parents Can Help Their Kids Enjoy Sports
- Olympic Gold Medalist Summer Sanders talks about how her parents' positive approach helped her find balance.
- [https://youtu.be/-2\\_jxJo3s7I?si=ugQQsFDkKiRMYDQs](https://youtu.be/-2_jxJo3s7I?si=ugQQsFDkKiRMYDQs)

# | Contacts

Coach Drew Hill <i>Head Coach</i>	Coach Melina Loudermilk <i>White Group</i>	Coach Andrea McDowell <i>Red Group</i>	Coach Marco Gomez <i>Red Group</i>	Coach Matt Powell <i>Blue &amp; White Group</i>
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