

WEEKLY RUNDOWN

1-12-2026

Practice Schedule

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

Coaches Corner

- Upcoming Events

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

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 & White Group</i>
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