

WEEKLY RUNDOWN

1-19-2026

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	R GRP 6:30-8:30 PM B GRP 6:30-8:30 PM	NO PRACTICE	R GRP 9:00-11:00 AM B GRP 9:00-11:00 AM

Note: This week Sunday, January 25th the team will be volunteering at the Olney Food Pantry

Coaches Corner

- Upcoming Events

- **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 | 31 out of 40 Swimmers signed up.
- JAGS Winter Invite @ IU Natatorium, Indianapolis
 - FEB 6th – 8th | 19 out of 40 Swimmers currently signed up.
- 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. Mark your calendars.**

Swimmer Spotlight

- **Happy Birthday!**
 - No birthdays this week.

Positive Coaching Alliance

- Note on Taper:
 - Coach Drew: Championship season is right around the corner. High School Sectionals/State , Divisionals, Senior State/Age Group State, Zones all will have a taper plan. Your swimmer will be notified ahead of time if/when their taper will begin. Parent's please focus on these areas during taper: **Rest/Sleep, Nutrition, Hydration, Anxiety Management, and Practice Attendance**. A successful taper is a group effort between the coach, parent, and swimmer.
- What is a Taper: (Two articles, one provides a simple answer, the second article really gets down into the science behind it)
 - https://drive.google.com/drive/folders/15LGQXAFFkOsnjP4dgAKYgfd4fpleq6T3?usp=drive_link
- Taper Guides for Parents:
 - <https://www.usaswimming.org/news/2017/03/08/the-ten-rules-of-taper>
 - <https://swimswam.com/parents-survival-guide-dealing-taper/>

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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