

WEEKLY RUNDOWN

1-26-2026



Practice Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--------------------|---|
| NO PRACTICE  | 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 | NO PRACTICE THT ARCTIC BLAST |

Note: YMCA is closed this Monday. Hopefully back to normal on Tuesday!

Coaches Corner

- Upcoming Events
 - THT Arctic Blast @ Vigo Schools Aquatic Center, Terre Haute
 - JAN 31st – FEB 1st | 31 out of 40 Swimmers signed up.
 - WIN Cupid Splash @ Castle High School, Newburgh IN
 - FEB 13th – 15th | 7 out of 40 Swimmers currently signed up.
 - Conference Championship @ Mt. Vernon High School
 - FEB 27th – MAR 1st | 10 out of 40 Swimmers currently signed up.
 - ***Coach Drew encourages the whole team to attend. Mark your calendars.***
 - Divisionals @ Castle High School, Newburgh, IN
 - MAR 6th – 8th
 - Senior State @ Elkhart Aquatic Center
 - MAR 12th – 15th
 - Age Group State @ Carmel High School
 - MAR 19th – 22nd

Meet Rundown (31JAN-1FEB)

Timeline: (EST)

- All meet times are in **EST** this weekend.
 - Please have your swimmer dressed and on the pool deck **NLT 20 min** before Warm-up.
 - Red & White group parents please remember to write your swimmers event numbers on your swimmers arms! Coaches can cover Heat and Lanes once the information comes available.
 - Meet Entry PDF is posted and available on you SE Motion app under the EVENT DETAIL page.
 - Awards: Individual High Point awards will be given to the highest point girl and boy swimmer in each age/gender division ("6 & Under", "7-8", "9-10", "11-12", "13-14", and "15 & Over"). Team trophies will be awarded to the top two teams, excluding THT. Individual Events: 1st-3rd place will receive medals, 4th- 10th place will receive ribbons. Relay Events: 1st-3rd place will receive ribbon
- Session 1 – Saturday, January 31st
 - Warm-up: 11:00 AM
 - Meet Start: 12:00 PM
 - Session 2 – Sunday, February 1st
 - Warm-up: 8:00 AM
 - Meet Start: 9:00 AM

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/15LGQXAFFkOsnjP4dgAKYgfd4fp1eq6T3?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

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|--|---|---|---|--|
| 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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