

WEEKLY RUNDOWN

Happy
New Year

1-5-2026



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 JAWS MEDALFEST	NO PRACTICE JAWS MEDALFEST

HEADS UP: No practice next Thursday, January 15th due to the LHS/SK/RIVET home swim meet.

Coaches Corner

- Upcoming Events
 - JAWS MEDALFEST @ JASPER HIGH SCHOOL
 - JAN 9TH – 11TH | 27 out of 40 Swimmers signed up.
 - THT Arctic Blast @ Vigo Schools Aquatic Center, Terre Haute
 - JAN 31st – FEB 1st | 21 out of 40 Swimmers currently signed up.
 - **REGISTRATION DEADLINE: 12 JAN**
 - JAGS Winter Invite @ IU Natatorium, Indianapolis
 - FEB 6th – 8th | 13 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.***

Meet Rundown (9-11 JAN)

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: Medals will be given for 1st – 3rd place. Ribbons for places 4th – 8th : 12 and Under age groups only. High Point awards will also be given for 15 and over, 13-14, 11-12, 9-10 and 8 and under age groups.
- Clerk of Course: All 8 and Under events will be clerked.
- Session 1 – Friday, January 9th
 - Warm-up: 5:00 – 5:50 PM
 - Meet Start: 6:00 PM
- Session 2 – Saturday, January 10th | 13&OVER, 11&12
 - Warm-up: 7:00 – 7:50 AM
 - Meet Start: 8:00 AM
- Session 3 – Saturday, January 10th | 1650 FREESTYLE
 - Immediately after session 2
- Session 4 – Saturday, January 10th | 8&UNDER, 9&10
 - Warm-up: half hour after session 3. Warm-up/start time will be sent out later this week.
- Session 5 – Sunday, January 11th | 13&Over, 11&12
 - Warm-up: 7:00 – 7:50 AM
 - Meet Start: 8:00 AM
- Session 6 – Sunday, January 11th | 8&UNDER, 9&10
 - Warm-up: half hour after session 5. Warm-up/start time will be sent out later this week.

Swimmer Spotlight

- **Happy Birthday!**
 - Audrey Jacob – 1/6
- Congratulations to all of our Indiana High School swimmers! All three continue to crush it at their High School meets.
- SONR equipment: Blue group swimmers will begin to receive their SONR equipment this week. I will provide a demonstration on deck, and will add some videos to the team website as well. I'm very excited and appreciative that we will be able to start using this to further improve our training environment.

Positive Coaching Alliance

- The importance of staying hydrated in and out of the pool:
 - Swimmers sweat in the pool, even if they don't feel it. And thirst lags behind need. Being surrounded by water during training hides fluid loss. By the time thirst shows up, performance is already slipping. For long or intense practices, sodium does most of the work. A small pinch of salt in your bottle helps. Flavor helps compliance. Lemon or cucumber dramatically increases drinking behavior, which is the real win. The trace vitamins are a bonus, but the main benefit is that swimmers actually drink the bottle. Simple. Consistent. Effective. Hydration is an invisible performance booster.
 - https://drive.google.com/file/d/1ksa7KTmLIva9RBM6ZT0oevbkmeeHT1Df/view?usp=drive_link
 - Coach Drew Note: I know this is a never ending battle for parents and athletes. Speaking for Blue Group, the majority of our dehydration issues seem to trend on Monday and Tuesdays. Please ensure your swimmer arrives to practice with a water bottle.

| 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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