

WEEKLY RUNDOWN

10-13-2025



Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W GRP 6:30–7:30 PM	W GRP 6:30–7:30 PM	W GRP 6:30–7:30 PM	R GRP 6:30–8:30 PM	NO PRACTICE	R GRP 9:00–11:00 AM
B GRP 6:30–8:30 PM	R GRP 6:30–8:30 PM	R GRP 6:30–8:30 PM	B GRP 6:30–8:30 PM		B GRP 9:00–11:00 AM
	B GRP 6:30–8:30 PM	B GRP 6:30–8:30 PM			
	RED DRYLAND 6:30–7:15 PM	BLUE DRYLAND 6:30–7:15 PM			

Coaches Corner

- Upcoming Events
 - WVST Calendar fundraiser: SEP 28th – OCT 30th
 - Squares/\$: due by OCT 30th | Cash Draw: NOV 4th
 - THT Halloween Splash @ Vigo County Schools Aquatic Center, Terre Haute IN
 - OCT 25th – 26th | 25 out of 40 (63%) Swimmers currently signed up.
 - GREAT Pumpkin Splash @ Deaconess Aquatic Center, Evansville IN
 - NOV 1st – 2nd
 - **Registration Deadline: OCT 22** | 12 out of 40 Swimmers currently signed up.
 - CGAC Jingle Bell Classic @ Center Grove High School
 - NOV 21st – 23rd
 - **Registration Deadline: OCT 29** | 7 out of 40 Swimmers currently signed up.
 - MTV Candy Cane Classic @ Mt. Vernon High School
 - DEC 5th – 7th

Swimmer Spotlight

- **Happy Birthday!**
 - Wyatt McKim– 10/18

| Positive Coaching Alliance

- Group Equipment Requirements
 - White Group: kick board, flippers and pull buoy
 - Red Group: kick board, flippers, pull buoy, hand paddles and snorkel.
 - Blue Group: kick board, flippers, pull buoy, hand paddles and snorkel.
 - *Swim Bags: *Please remind your swimmer to not drag their equipment/swim bags as they exit the YMCA.*
- Pace Cards
 - Blue group recieved their pace cards this week at practice. I will start working on Red group this week.

| 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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