

WEEKLY RUNDOWN

10-20-2025



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	NO PRACTICE THT HALLOWEEN SPLASH

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 | 26 out of 40 (65%) Swimmers signed up.
 - **WVST HALLOWEEN HOLIDAY PRACTICE | WEDNESDAY OCT 29TH**
 - GREAT Pumpkin Splash @ Deaconess Aquatic Center, Evansville IN
 - NOV 1st – 2nd
 - **Registration Deadline: OCT 22** | 20 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

Meet Rundown (25-26 OCT)

Day	Session #	Warm-ups Not Before	Warm-ups End	Meet Starts Not Before
Saturday, October 25, 2025	1	12:00 PM	45 Minutes after warm-ups begin	1:00 PM
Sunday, October 26, 2025	2	8:00 AM		9:00 AM

Officials/parent volunteers will be held 45 minutes prior to the start of the first session.

- All meet times are in **EST** this weekend.
- Please have your swimmer dressed and on the pool deck NLT **20 min** before Warm-up.
- Coach Drew and Coach Matt will be on Deck Saturday & Sunday.
- 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.

Saturday Events			Sunday Events		
Girls	Session #1 – Saturday Afternoon	Boys	Girls	Session #2 – Sunday Morning	Boys
1	13 & Over – 50 Butterfly	2	41	13 & Over – 50 Breaststroke	42
3	8 & Under – 100 Individual Medley	4	43	8 & Under – 50 Freestyle	44
5	9-12 – 200 Individual Medley	6	45	9-12 – 100 Freestyle	46
7	13 & Over – 200 Individual Medley	8	47	13 & Over – 100 Freestyle	48
9	8 & Under – 25 Freestyle	10	49	8 & Under – 25 Backstroke	50
11	9-12 – 50 Freestyle	12	51	9-12 – 100 Backstroke	52
13	13 & Over – 50 Freestyle	14	53	13 & Over – 200 Backstroke	54
15	8 & Under – 50 Backstroke	16	55	8 & Under – 50 Breaststroke	56
17	9-12 – 50 Backstroke	18	57	9-12 – 50 Breaststroke	58
19	13 & Over – 100 Backstroke	20	59	13 & Over – 100 Breaststroke	60
21	8 & Under – 25 Breaststroke	22	61	8 & Under – 25 Butterfly	62
23	9-12 – 100 Breaststroke	24	63	9-12 – 100 Butterfly	64
25	13 & Over – 200 Breaststroke	26	65	13 & Over – 200 Butterfly	66
27	8 & Under – 50 Butterfly	28	67	13 & Over – 50 Backstroke	68
29	9-12 – 50 Butterfly	30	69	8 & Under – 100 Freestyle	70
31	13 & Over – 100 Butterfly	32	71	9-12 – 200 Freestyle	72
33	12 & Under – 200 Medley Relay	34	73	13 & Over – 200 Freestyle	74
35	13 & Over – 200 Medley Relay	36	75	12 & Under – 200 Freestyle Relay	76
37	13 & Over – 400 Individual Medley	38	77	13 & Over – 200 Freestyle Relay	78
39	13 & Over – 500 Freestyle	40	79	13 & Over – 1650 Freestyle	80



Information for WVST Parents:



Writing Events on Your Swimmer's Arm

Swimmers don't have Heat Sheets, so how do they keep track of what events they are swimming in? By writing on themselves, of course.

Younger swimmers will need to have on their arm the **Event number**, **Event name**, the **Heat number**, and the **Lane number**.

Using a waterproof marker is important to this process. The example below has the swimmer participating in 3 events. In Event 106, the swimmer is swimming the 25 Freestyle, in Heat 1, Lane 5. In Event 110, the swimmer is swimming the 50 Breaststroke, in Heat 2, Lane 8. In Event 112, the swimmer is swimming the 25 Backstroke, in Heat 3, Lane 1. The swimmer can keep track of what event number is in progress by watching the scoreboard or asking a coach.

Parents are **highly encouraged** to write the **Event #** and **Event Name** on their swimmer **before** arriving on the pool deck for warmups. *Use the OnDeck app to see what events your swimmer is in.* This benefits both your swimmer and the coaches on deck. A coach will verify the **Event #** and Event, and finish marking the Heat and Lane numbers once the Heat Sheets are available. Additionally, the meet host will have Heat Sheets posted on the wall for swimmers to utilize.



Wabash Valley Swim Team

Sharks E.A.T Every Day

Swimmer Spotlight

- **Happy Birthday!**

- Bridget Monyhan – 10/21
- Verity Marley – 10/24

- **Congratulations!**

- Olney and St. Joseph Cross Country Team's! Awesome job at State this past weekend!!

| Positive Coaching Alliance

- 5 Things for Parents to Avoid When Cultivating Grit
- Raising athletes to be resilient and persistent in the face of struggles or challenges is an important role for every parent, but it can be hard to know where to draw the line when helping athletes develop 'grit.' An athlete with grit, as explained by Angela Duckworth, the scientist who coined the term, is able to "sustain interest in and effort toward very long-term goals." Here are a five common mistakes that parents make when trying to instill that spirit in athletes.
- <https://www.usaswimming.org/news/2020/02/04/5-things-for-parents-to-avoid-when-cultivating-grit>

| 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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