

# WEEKLY RUNDOWN

***10-27-2025***



# Practice Schedule

| MONDAY                                                      | TUESDAY                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                     | THURSDAY                                                    | FRIDAY             | SATURDAY                                 |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|--------------------|------------------------------------------|
| <p>W GRP<br/>6:30–7:30 PM</p> <p>B GRP<br/>6:30–8:30 PM</p> | <p>W GRP<br/>6:30–7:30 PM</p> <p>R GRP<br/>6:30–8:30 PM</p> <p>B GRP<br/>6:30–8:30 PM</p> <p>RED DRYLAND<br/>6:30–7:15 PM</p> | <p> W GRP<br/>6:30–7:30 PM</p> <p>R GRP<br/>6:30–8:30 PM</p> <p>B GRP<br/>6:30–8:30 PM</p> <p>HALLOWEEN<br/>HOLIDAY<br/>PRACTICE</p>  | <p>R GRP<br/>6:30–8:30 PM</p> <p>B GRP<br/>6:30–8:30 PM</p> | <p>NO PRACTICE</p> | <p>NO PRACTICE</p> <p>PUMPKIN SPLASH</p> |

# Coaches Corner

- Upcoming Events
  - WVST Calendar fundraiser: SEP 28<sup>th</sup> – OCT 30<sup>th</sup>
    - Squares/\$: due by OCT 30<sup>th</sup> | Cash Draw: NOV 4<sup>th</sup>
  - **WVST HALLOWEEN HOLIDAY PRACTICE | WEDNESDAY OCT 29<sup>TH</sup>**
  - GREAT Pumpkin Splash @ Deaconess Aquatic Center, Evansville IN
    - NOV 1<sup>st</sup> – 2<sup>nd</sup>
    - 29 out of 40 Swimmers currently signed up.
  - CGAC Jingle Bell Classic @ Center Grove High School
    - NOV 21<sup>st</sup> – 23<sup>rd</sup>
    - **Registration Deadline: OCT 29** | 14 out of 40 Swimmers currently signed up.
  - **WVST HALLOWEEN HOLIDAY PRACTICE | TUESDAY NOV 25<sup>TH</sup>**
  - MTV Candy Cane Classic @ Mt. Vernon High School
    - DEC 5<sup>th</sup> – 7<sup>th</sup>

# Meet Rundown (1-2 NOV)

|           |           |               |                               |                   |
|-----------|-----------|---------------|-------------------------------|-------------------|
| Meet      | Session 1 | Saturday      | Warm-up 12:00 PM              | Starts at 1:30 PM |
| Schedule: | Session 2 | 1000/500 FR   | Starts 10 min after Session 1 |                   |
|           | Session 3 | Sunday        | Warm-up 7:30 AM               | Starts at 9:00 AM |
|           | Session 4 | Mile / 400 IM | Starts 10 min after Session 3 |                   |

- This will be our first two pool meet of the season!
  - South Pool (Diving Well): 13 & Over and 8 & Unders
  - North Pool (Scoreboard): 11-12 and 9-10
- Clerk of Course: There will be a clerk of course for all 8 & Under events.
- Awards: Ribbons will be awarded for 1st through 16th place in individual events for 12 & Under age groups only. Heat winner prizes will be available for heat winners. No high point or team awards will be given for this meet.
- All meet times are in CST 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.



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!**

- Ruby Morningstar Johnson – 10/29

- **Congratulations!**

- To all of our swimmers who participated in the 2025 THT Halloween Splash!! The team finished in 2<sup>nd</sup> Place!!!

# | Positive Coaching Alliance

- The Importance of Being a Self-Compassionate Swimmer
- “For me, the most important attribute of a mentally strong swimmer is not confidence, desire, determination, persistence, or passion. For me, without any shadow of a doubt, the most important attribute of a mentally strong swimmer is self-compassion – the ability to not attack yourself when you fail or fall short, to not turn against yourself when things aren’t going your way, and to be encouraging and supportive towards yourself in hard times.”
- <https://www.usaswimming.org/news/2019/04/29/the-importance-of-being-a-self-compassionate-swimmer>

# | Contacts

|                                          |                                               |                                           |                                         |                                                    |
|------------------------------------------|-----------------------------------------------|-------------------------------------------|-----------------------------------------|----------------------------------------------------|
| Coach Drew Hill<br><i>Head Coach</i>     | Coach Melina Loudermilk<br><i>White Group</i> | Coach Andrea McDowell<br><i>Red Group</i> | Coach Marco Gomez<br><i>Red Group</i>   | Coach Matt Powell<br><i>Blue &amp; White Group</i> |
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