

WEEKLY RUNDOWN

10-6-2025



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
 - **Registration Deadline: OCT 8** | 13 out of 39 (33%) Swimmers currently signed up.
 - GREAT Pumpkin Splash @ Deaconess Aquatic Center, Evansville IN
 - NOV 1st – 2nd
 - CGAC Jingle Bell Classic @ Center Grove High School
 - NOV 21st – 23rd
 - **Registration Deadline: OCT 29** | 4 out of 39 Swimmers currently signed up.
 - MTV Candy Cane Classic @ Mt. Vernon High School
 - DEC 5th – 7th

Swimmer Spotlight

- **Happy Birthday!**

- Aliza Shonk – 10/11

- **Fin-Tastic Invitational**

- What a way to start the season!! Thank you to all the families that were able to attend. Already seeing **A LOT** of impressive swims at the first meet was awesome, but witnessing positive attitudes, cheering, and good teammates motivating each other is what made this weekend great!
- Meet Pictures: Please don't hesitate to send me any pictures or videos you take during the meet. I would love to include them in posts!

| Positive Coaching Alliance

- The Second-Goal Parent: A Focus on the Big Picture | Excerpted from Positive Sports Parenting by Jim Thompson Balance Sports Publishing, LLC
- “The Second-Goal Parent is a model of sports parenting that focuses relentlessly on the Big Picture. There are two broad goals in youth sports: striving to win and building character so kids develop into successful, contributing members of society. As important as winning is, Second-Goal Parents let coaches and athletes worry about the first goal of scoreboard results. Second-Goal Parents have a much more important role to play ensuring their children take away from sports lessons that will help them be successful in life. Remember, that is the Big Picture.”
- <https://www.usaswimming.org/news/2019/03/25/the-second-goal-parent-a-focus-on-the-big-picture>

| 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>
andrew.r.hill3@gmail.com 812-890-8431	loudermilkmelina@gmail.com 812-881-6829	mcdowella4@iecc.edu 618-795-2688	marco.gomez33@yahoo.com 812-887-7290	mmoc98@gmail.com 618-554-1162

