

WEEKLY RUNDOWN

11-10-2025



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			

Note: Coach Matt is back on deck this week! (Monday, Wednesday)

Coaches Corner

- Upcoming Events
 - CGAC Jingle Bell Classic @ Center Grove High School
 - NOV 21st – 23rd | 19 out of 40 Swimmers signed up.
 - **WVST THANKSGIVING HOLIDAY PRACTICE | TUESDAY NOV 25TH**
 - MTV Candy Cane Classic @ Mt. Vernon High School
 - DEC 5th – 7th
 - **Registration Deadline: NOV 19th** | 16 out of 40 Swimmers currently signed up.
 - Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale
 - DEC 13th – 14th
 - **Registration Deadline: NOV 26th** | 10 out of 40 Swimmers currently signed up.
 - **WVST CHRISTMAS HOLIDAY PRACTICE | TUESDAY DEC 23RD**
 - JAWS MEDALFEST @ JASPER HIGH SCHOOL
 - JAN 9TH – 11TH

Swimmer Spotlight

- **Happy Birthday!**

- No Birthdays this week.

- **Congratulations!**

- To our Sharks on the Olney High School Girls Swim Team! All four girls crushed it this weekend at the 2025 IHSA Sectional!!

SONR Headset

After discussing ways to further enhance the training experience for our advanced swimmers, the coaching staff has decided to **recommend** the SONR headset as a valuable piece of equipment for individual Blue Group swimmers.

The SONR is a small, waterproof communication device that allows coaches to speak directly to swimmers in real time while they are in the water. This technology gives swimmers the ability to make immediate adjustments to technique, pacing, and efficiency without having to stop at the wall for feedback. It provides continuous, personalized coaching that can help accelerate improvement and deepen each swimmer's understanding of their stroke.

While this equipment is **not mandatory**, we believe it would be a highly valuable asset for those who choose to invest in one. Not purchasing a device will **not** take away from your swimmer's practice.

In terms of cost, if purchased individually, the SONR headset is approximately \$350. However, if 10 units are purchased together, the price drops to around \$150 each, and larger orders may qualify for even greater discounts. We have already contacted the company to see what kind of team discount they can offer and will share that information once we know for how many swimmers are interested.

If you would like to learn more about the SONR headset, you can visit **www.sonr.pro** for additional details and videos on how it works. You may also contact Coach Drew with any questions you may have.

Once you and your swimmer have decided if you would like to order one, please let Tara Feddes or Rochelle Pepmeier know and we will get a definite price for everyone before placing the order.

Warm regards,
WVST Coaches and Board Members

| Positive Coaching Alliance

- A Swim Parent's Guide for Coaches and Teams. – Jonathan Dray
- “While it can be difficult as a parent to embrace differences in your swimmer’s ambitions or passions from your own wishes for them, giving them autonomy and letting them take ownership of their swim journey helps cultivate their independence and long-term success. Talking to your coaches about what this looks like for your swimmer at different stages of their journey will provide valuable insight on how to support them. A simple example for age groupers is to let them decide, with the coach’s approval, what they want to swim at meets. Another is to make sure as they age up they are taking initiative to talk to coaches directly without your help. Though this may take some prodding, it can be a big step in learning how to advocate for themselves.”
- <https://swimswam.com/a-swim-parents-guide-for-coaches-and-teams/>

| 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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