

# WEEKLY RUNDOWN

**11-17-2025**



# Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>	<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>  <b>RED DRYLAND</b> <b>6:30–7:15 PM</b>	<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>  <b>BLUE DRYLAND</b> <b>6:30–7:15 PM</b>	<b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>	<b>NO PRACTICE</b>	<b>NO PRACTICE</b>  <b>JINGLE BELL</b> <b>CLASSIC</b>



# Coaches Corner

- Upcoming Events
  - CGAC Jingle Bell Classic @ Center Grove High School
    - NOV 21<sup>st</sup> – 23<sup>rd</sup> | 19 out of 39 Swimmers signed up.
  - **WVST THANKSGIVING 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>
    - **Registration Deadline: NOV 19<sup>th</sup>** | 20 out of 39 Swimmers currently signed up.
  - Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale
    - DEC 13<sup>th</sup> – 14<sup>th</sup>
    - **Registration Deadline: NOV 26<sup>th</sup>** | 11 out of 40 Swimmers currently signed up.
  - **WVST CHRISTMAS HOLIDAY PRACTICE | TUESDAY DEC 23<sup>RD</sup>**
  - **(T) WVST 100x100 / 100x50 PRACTICE | SATURDAY DEC 27<sup>TH</sup>**
  - JAWS MEDALFEST @ JASPER HIGH SCHOOL
    - JAN 9<sup>TH</sup> – 11<sup>TH</sup>

# Meet Rundown (21-23 NOV)

FRIDAY (NOV 21) EVENING SESSION		
Warm-ups start at 4:30p Meet starts at 5:30p		
Girls		Boys
1	OPEN 500 Freestyle	2
3	11-12 500 Freestyle	4
5	OPEN 400 IM	6
7	11-12 200 IM	8
9	OPEN 1650 Freestyle (Top 3 heats)	10

SATURDAY (NOV 22) AM SESSION		
Warm-ups start at 8:00a Meet starts at 9:15a		
Girls		Boys
11	OPEN 200 IM	12
13	8&U 100 IM	14
15	OPEN 100 Freestyle	16
17	8&U 50 Freestyle	18
19	OPEN 200 Backstroke	20
21	8&U 25 Backstroke	22
23	OPEN 100 Breaststroke	24
25	8&U 50 Breaststroke	26
27	OPEN 200 Butterfly	28
29	8&U 25 Butterfly	30
31	OPEN 200 Medley Relay	32
33	8&U 100 Medley Relay	34

SATURDAY (NOV 22) PM SESSION		
Warm-ups start at 12:00p Meet starts at 1:00p		
Girls		Boys
35	10&U 200 Freestyle	36
37	11-12 200 Freestyle	38
39	10&U 100 Breaststroke	40
41	11-12 100 Breaststroke	42
43	10&U 50 Butterfly	44
45	11-12 50 Butterfly	46
47	10&U 100 Backstroke	48
49	11-12 100 Backstroke	50
51	10&U 50 Freestyle	52
53	11-12 50 Freestyle	54
55	10&U 200 Medley Relay	56
57	11-12 200 Medley Relay	58

- All meet times are in **EST** 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.
- This will be a two pool meet.
- Clerk of Course: There will be a clerk of course for all 8 & Under events.
- Awards: Ribbons for 1st-20th will be awarded for all 12&U events. High Point Awards will be awarded for 1st -3rd boys and girls in each age group 8&U, 9-10, 11-12, 13-14, 15&O. Individual heat winners will receive a special JINGLE BELL award.

SUNDAY (NOV 23) AM SESSION		
Warm-ups start at 8:00a Meet starts at 9:15a		
Girls		Boys
59	OPEN 200 Freestyle	60
61	8&U 100 Freestyle	62
63	OPEN 100 Backstroke	64
65	8&U 50 Backstroke	66
67	OPEN 200 Breaststroke	68
69	8&U 25 Breaststroke	70
71	OPEN 100 Butterfly	72
73	8&U 50 Butterfly	74
75	OPEN 50 Freestyle	76
77	8&U 25 Freestyle	78
79	OPEN 200 Freestyle Relay	80
81	8&U 100 Freestyle Relay	82
83	OPEN 1000 Freestyle (Top 3)	84

SUNDAY (NOV 23) PM SESSION		
Warm-ups start at 12:00p Meet starts at 1:00p		
Girls		Boys
85	10&U 200 IM	86
87	11-12 50 Backstroke	88
89	10&U 50 Backstroke	90
91	11-12 100 Butterfly	92
93	10&U 100 Butterfly	94
95	11-12 50 Breaststroke	96
97	10&U 50 Breaststroke	98
99	11-12 100 Freestyle	100
101	10&U 100 Freestyle	102
103	11-12 200 Freestyle Relay	104
105	10&U 200 Freestyle Relay	106



# Swimmer Spotlight

- **Happy Birthday!**
  - No Birthdays this week.

# | Positive Coaching Alliance

- Equipment Reminders:
  - Please ensure your swimmer(s) have all ability group required equipment. In order to avoid injury all equipment should be the right size, clean, and serviceable.
    - Group requirements: <https://www.gomotionapp.com/team/invst/page/groups--fees/wvst-group-requirements>
    - Team Store: <https://elsmoreswim.com/collections/wabash-valley-swim-team>
- Thank you to the board for the purchase of jump ropes, medicine balls, and Swim Bridges!!



# | 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 &amp; White Group</i>
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