

WEEKLY RUNDOWN

11-24-2025



Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>W GRP 6:30–7:30 PM</p> <p>B GRP 6:30–8:30 PM</p>	 <p>W GRP 6:30–7:30 PM</p> <p>R GRP 6:30–8:30 PM</p> <p>B GRP 6:30–8:30 PM</p> <p>THANKSGIVING HOLIDAY PRACTICE</p> 	NO PRACTICE	NO PRACTICE	NO PRACTICE	<p>R GRP 9:00–11:00 AM</p> <p>B GRP 9:00–11:00 AM</p>

Coaches Corner

- Upcoming Events
 - **WVST THANKSGIVING HOLIDAY PRACTICE | TUESDAY NOV 25TH**
 - **Blue Group College Swimming Q&A w/Carolyn Powell & Alec Jeffers | SATURDAY NOV 29TH**
 - MTV Candy Cane Classic @ Mt. Vernon High School
 - DEC 5th – 7th
 - 23 out of 39 Swimmers competing.
 - Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale
 - DEC 13th – 14th
 - **Registration Deadline: NOV 26th** | 22 out of Swimmers currently signed up.
 - **WVST CHRISTMAS HOLIDAY PRACTICE | TUESDAY DEC 23RD**
 - **(T) WVST 100x100 / 100x50 PRACTICE | SATURDAY DEC 27TH**
 - JAWS MEDALFEST @ JASPER HIGH SCHOOL
 - JAN 9TH – 11TH

Swimmer Spotlight

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

| Positive Coaching Alliance

- Long term goals: Swimming at the collegiate level
- Carolyn Powell & Alec Jeffers are offering their time to the team this Saturday, November 29th to answer any and all college swimming questions. Both have just completed their college swimming careers and are a wealth of knowledge and experience for our swimmers to tap into.
- I've created a form for our swimmers to submit questions/topics that they would like to discuss with Carolyn and Alec. Please ensure your swimmer(s) submit their questions as this will help drive the discussion.



- <https://forms.gle/9gTQdfcwjcY7AbbP8>
- College swimming information and resources on WVST Home page:
<https://www.gomotionapp.com/team/invst/page/about/college-swimming-information>

| 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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