

WEEKLY RUNDOWN

11-3-2025



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
 - 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** | 11 out of 40 Swimmers currently signed up.
 - Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale
 - DEC 13th – 14th
 - **Registration Deadline: NOV 26th** | 7 out of 40 Swimmers currently signed up.

Swimmer Spotlight

- **Happy Birthday!**

- Raylee Henton – 11/6
- Stella Rodgers – 11/6

- **Congratulations!**

- To all of our swimmers who participated in the 2025 GREAT Pumpkin Splash! We get a short reset period after back to back meet weekends!!

| Positive Coaching Alliance

- What Happened To Racing? – Dr. Zachary Hojnacki
- “I suspect that in the early stages of the sport, competition was the primary focus. Somewhere along the way, coaches and parents encouraged athletes to direct their attention towards improving their personal best times as a means to discourage obsessive comparisons to the success of other athletes, and to instead prioritize self-improvement. I agree that is a healthy and appropriate mindset, and that constant comparisons to other swimmers is a recipe for constant disappointment and discouragement.”
- <https://swimswam.com/what-happened-to-racing/>

| 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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