

# WEEKLY RUNDOWN

***12-1-2025***



# Practice Schedule

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



# Coaches Corner

- Upcoming Events
  - MTV Candy Cane Classic @ Mt. Vernon High School
    - DEC 5<sup>th</sup> – 7<sup>th</sup> | 23 out of 40 Swimmers competing.
  - Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale
    - DEC 13<sup>th</sup> – 14<sup>th</sup> | 24 out of 40 Swimmers competing.
  - **WVST CHRISTMAS HOLIDAY PRACTICE | TUESDAY DEC 23<sup>RD</sup>**
  - **WVST 100x100 / 100x50 PRACTICE | SATURDAY DEC 27<sup>TH</sup> (This practice is from 9:00–Noon)**
  - JAWS MEDALFEST @ JASPER HIGH SCHOOL
    - JAN 9<sup>TH</sup> – 11<sup>TH</sup> (*still waiting on meet file*)
  - THT Arctic Blast @ Vigo Schools Aquatic Center, Terre Haute
    - JAN 31<sup>st</sup> – FEB 1<sup>st</sup> (*still waiting on meet file*)
  - JAGS Winter Invite @ IU Natatorium, Indianapolis
    - FEB 6<sup>th</sup> – 8<sup>th</sup> | 6 out of 40 Swimmers currently signed up.
    - **REGISTRATION DEADLINE: 14 JAN**

# | Meet Rundown (5-7 DEC)

Timeline: (CST)

- All meet times are in **CST** 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.
  - Clerk of Course: There will be a clerk of course for all 8 & Under events.
  - Awards: There will be ribbons awarded for the top 12 in each event, along with heat winner prizes. A team high point trophy will be awarded along with individual high point trophies for boys and girls 6&U, 7-8, 9-10, 11-12, and 13-14 (excluding relays).
- Session 1 – Friday, December 5<sup>th</sup>
    - Warm-up: 5:00–5:50 PM
    - Meet Start: 6:00 PM
  - Session 2 – Saturday, December 6<sup>th</sup>
    - Age: Open, 11-12
    - Warm-up: 7:00–7:50 AM
    - Meet Start: 8:00 AM
  - Session 3 – Saturday, December 6<sup>th</sup>
    - Age: 9-10, 8&U
    - Warm-up: 12:15–1:05 PM
    - Meet Start: 1:15 PM
  - Session 4 – Sunday, December 7<sup>th</sup>
    - Age: Open, 11-12
    - Warm-up: 7:00–7:50 AM
    - Meet Start: 8:00 AM
  - Session 5 – Sunday, December 7<sup>th</sup>
    - Age 9-10, 8&U
    - Warm-up: 12:00–12:50 PM
    - Meet Start: 1:00 PM



# Swimmer Spotlight

- **Happy Birthday!**

- AJ Gomez – 11/30
- Otto Tennes – 12/1

- **Good luck!**

- Our Indiana High School swimmers compete in their first HS swim meet of the season this Thursday at Jasper!

- **Thank you!**

- Alec Jeffers and Carolyn Powell were kind enough to come share their college swimming experience and answer college swimming questions for our Red and Blue group swimmers this past weekend.

# | Positive Coaching Alliance

## The Biggest Mental Mistake Made by Coaches and Athletes

- Do you want to win more? Dr. G. discusses why taking your goals and expectations into a BIG game can set you up for choking.
  - <https://www.youtube.com/watch?v=A7AP-1MhvC8>
- Dr. Alan Goldberg, internationally known peak performance consultant and director of Competitive Advantage specializes in helping athletes across all sports at every level, bust slumps and overcome performance fears and blocks. Dr. G's website, <http://www.competitivedge.com> offers thousands of pages of FREE resources including mental toughness questionnaires for athletes, parents and coaches, articles on every aspect of coaching and parenting in youth sports, as well as a mental toughness blog.
- *Coach Drew note: I've been working hard with Blue group on this. ^ Practice is the time for them to put in the work, try things out, and work through their events/strokes. Building competence in practice = Confidence at the meet.*



# | 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>
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

