

WEEKLY RUNDOWN

12-15-2025



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 CHRISTMAS HOLIDAY PRACTICE | TUESDAY DEC 23RD**
 - **WVST 100x100 / 100x50 PRACTICE | SATURDAY DEC 27TH (This practice is from 9:00–Noon)**
 - JAWS MEDALFEST @ JASPER HIGH SCHOOL
 - JAN 9TH – 11TH | 11 out of 40 Swimmers currently signed up.
 - **REGISTRATION DEADLINE: 30 DEC**
 - THT Arctic Blast @ Vigo Schools Aquatic Center, Terre Haute
 - JAN 31ST – FEB 1ST (*still waiting on meet file*)
 - JAGS Winter Invite @ IU Natatorium, Indianapolis
 - FEB 6TH – 8TH | 9 out of 40 Swimmers currently signed up.
 - **REGISTRATION DEADLINE: 14 JAN**
 - WIN Cupid Splash @ Castle High School, Newburgh IN
 - FEB 13TH – 15TH
 - Conference Championship @ Mt. Vernon High School
 - FEB 27TH – MAR 1ST | **Coach Drew encourages the whole team to attend.**

Swimmer Spotlight

- **Happy Birthday!**
 - No birthday's this week.

Positive Coaching Alliance

Providing influence and empowering our swimmers:

- Empowering and giving our swimmers more tools that they can easily access was one of my goals for this season. WVST Swimmers now have their own section of the WVST website. The “Shark Zone” <https://www.gomotionapp.com/team/invst/page/system/res/224689?team=invst>
- Swimmers now have direct access to their daily shark check-In, goal forms, shark shout outs, shark talk, and college swimming information.
 - Shark Check-In: Blue and Red group swimmers use this daily to track mental and physical readiness (a printed out copy is available on deck as well).
 - Athlete Goals: This form is used by the swimmers to submit and update their current short term, season and long term goals. Your swimmer is encouraged to submit a form if they have not already done so.
 - Shark Shout Outs: Swimmers can use this form to recognize their teammates for positive actions/accomplishments.
 - Shark Talk: This is a google drive where swimmers can access swimming videos or informational papers.
 - College Swimming: This is a helpful guide for our High School aged swimmers. Please give it a look.

| 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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