

WEEKLY RUNDOWN

12-22-2025



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>CHRISTMAS HOLIDAY PRACTICE</p> 	NO PRACTICE	NO PRACTICE	NO PRACTICE	<p>R GRP 9:00–NOON</p> <p>B GRP 9:00–NOON</p> <p>100X100 / 100X50 PRACTICE</p> 

NOTE: WHITE GRP is welcome to stay the full two hours on Tuesday!

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 | 12 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 | 10 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.
- Looking forward to a fun filled week! White group swimmers can stay the full two hours for the holiday practice on Tuesday. Red and Blue group swimmers will have a three hour practice this Saturday!

| Positive Coaching Alliance

- Attendance Predicts Performance:
 - Coach Darren Sandvig provides a quick breakdown on the importance of practice attendance and how it relates to your swimmers overall performance. (Let Coach Drew know if the video link gives you any trouble)
 - https://drive.google.com/file/d/1y4NekSUwiR0fjOuchPVUetG1Oa-U3H8Q/view?usp=drive_link
 - Interested in your swimmers attendance percentage? Ask a Coach. WVST coaches take attendance daily and can provide you with your swimmers attendance percentage.
 - Communication reminder: It's always appreciated if you notify your group coach if your swimmer is sick/will not be attending practice.

| 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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