

WEEKLY RUNDOWN

12-29-2025



Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W GRP 6:30–7:30 PM B GRP 6:30–8:30 PM	W GRP 6:30–7:30 PM R GRP 6:30–8:30 PM B GRP 6:30–8:30 PM RED DRYLAND 6:30–7:15 PM	NO PRACTICE	NO PRACTICE	NO PRACTICE	R GRP 9:00–11:00 AM B GRP 9:00–11:00 AM

NOTE: Red Group swimmers are welcome to attend Monday practice this week due to Holiday Schedule.

Coaches Corner

- Upcoming Events
 - JAWS MEDALFEST @ JASPER HIGH SCHOOL
 - JAN 9TH – 11TH | 22 out of 40 Swimmers currently signed up.
 - **REGISTRATION DEADLINE: 30 DEC**
 - THT Arctic Blast @ Vigo Schools Aquatic Center, Terre Haute
 - JAN 31st – FEB 1st | 11 out of 40 Swimmers currently signed up.
 - **REGISTRATION DEADLINE: 12 JAN**
 - JAGS Winter Invite @ IU Natatorium, Indianapolis
 - FEB 6th – 8th | 12 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.
- Red Groupers are welcome to attend Monday practice this week due to the Holiday Schedule.

| Positive Coaching Alliance

- 7 Reasons Every Swimmer Should Go to Swim Meets
 - Swim meets provide valuable lessons and growing opportunities for swimmers. Here are 7 reasons every swimmer should be going to swim meets. – Olivier Poirier-Leroy
 - <https://swimswam.com/7-reasons-every-swimmer-go-swim-meets/>
 - Coach Drew Note: We only have five regular season swim meets left this season. Anyone can attend these meets. Divisional's, State, etc. (anything post Conference Championship) all require a specific time cut in order to attend. Attending swim meets is an important part of the athlete development process. It is also important for WVST as a whole as we are a small competitive team, and we need swimmers to attend meets in order to be competitive. My goal for the Conference Championship @ Mt. Vernon, is to bring a team of 30+ swimmers to 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 & White Group</i>
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