

# WEEKLY RUNDOWN

***12-8-2025***



# Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>	<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>  <b>RED DRYLAND</b> <b>6:30–7:15 PM</b>	<b>W GRP</b> <b>6:30–7:30 PM</b>  <b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>  <b>BLUE DRYLAND</b> <b>6:30–7:15 PM</b>	<b>R GRP</b> <b>6:30–8:30 PM</b>  <b>B GRP</b> <b>6:30–8:30 PM</b>	<b>NO PRACTICE</b>	<b>NO PRACTICE</b>  <b>SALUKI MERRY</b> <b>SWIM</b> <b>INVITATIONAL</b>



# Coaches Corner

- Upcoming Events
  - Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale
    - DEC 13<sup>th</sup> – 14<sup>th</sup> | 25 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> | 7 out of 40 Swimmers currently signed up.
    - **REGISTRATION DEADLINE: 14 JAN**

# Meet Rundown (13-14 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.
- Awards: Ribbons will be awarded for 1st through 8th place in 12 and under events. Events will be scored 1st – 16th, but there will be no awards for 9th – 16th place. High-Point awards will be presented to Top 3 athletes with the highest point total for male and female in each age group as follows: 8 & under, 9-10, 11-12, 13-14, and 15 & over. Relay points will not count. They will also be having mystery heats where the winner of each mystery heat will receive a special prize.

- Session 1 – Saturday, December 13<sup>th</sup>
  - Warm-up: 10:00 AM
  - Meet Start: 11:00 AM
- Session 2 – Sunday, December 14<sup>th</sup>
  - Warm-up: 9:00 AM
  - Meet Start: 10:00 AM



# Swimmer Spotlight

- **Happy Birthday!**
  - Alayna Rodgers – 12/9

# | Positive Coaching Alliance

## Why Long Course Meters (LCM) Matters for Club Swimmers

- What USA swimming club swimmers and their parents should understand about the value of 50-meter training.
- [https://www.thosewhohustle.com/post/why-long-course-meters-lcm-matters-for-club-swimmers?fbclid=IwZnRzaAONouJleHRuA2FlbQlxMQBzcnRjBmFwcF9pZAo2Njl4NTY4Mzc5AAEecR2xGc5nuobxL-qCmbmPKNckOwNvvX-ILK29DJMQO5SWecIL6i\\_IEJyPoC8\\_aem\\_BO3\\_F8XXFctnzNln0Jzq9A](https://www.thosewhohustle.com/post/why-long-course-meters-lcm-matters-for-club-swimmers?fbclid=IwZnRzaAONouJleHRuA2FlbQlxMQBzcnRjBmFwcF9pZAo2Njl4NTY4Mzc5AAEecR2xGc5nuobxL-qCmbmPKNckOwNvvX-ILK29DJMQO5SWecIL6i_IEJyPoC8_aem_BO3_F8XXFctnzNln0Jzq9A)



# | Contacts

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