

Weekly Rundown

2-17-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
W 6:30-7:30 PM	R 6:30-8:30 PM	W 6:30-7:30 PM	W 6:30-7:30 PM	No Practice	R 9:00-11:00 AM
R 6:30-8:30 PM	B 6:30-8:30 PM	R 6:30-8:30 PM	R 6:30-8:30 PM		B 9:00-11:00 AM
B 6:30-8:30 PM	DRYLAND R&B 6:30-7:15 PM	B 6:30-8:30 PM	B 6:30-8:30 PM		

- Normal practice schedule.
- **Summer Swim registration is now open. Please see the link on the Positive Coaching Alliance slide.**
- [INFORM] - Upcoming no practice dates do to Middle School swim meets: MAR 6, MAR 11, MAR 13

Coaches Corner

- Upcoming Events

- SCIS Conference Championships @ Newburgh IN

- FEB 28th - MAR 2nd

- Registration Deadline: February 22nd | 26 out of 50 (52%) Swimmers signed up.

- **We would love to take as many swimmers as possible to this meet!**

- *This is the last regular season meet. All meets in March, Divisionals/Senior State/Age Group State, require a qualifying time standard to attend.* [Wabash Valley Swim Team - Motivational Times - USA Swimming/Indiana Swimming](#)

- Divisional Championship @ Deaconess Aquatic Center, Evansville IN

- MAR 7th - MAR 9th

- Registration Deadline: February 26th

- Senior State Championship @ Pike Aquatic Center, Indianapolis IN

- MAR 13th - MAR 16th

- Registration Deadline: March 5th

- Age Group State Championship @ IU Natatorium, Indianapolis IN

- MAR 21st - MAR 23rd

- Registration Deadline: March 12th

Swimmer Spotlight

- Happy Birthday!
 - Daniel Pepmeier - 2/16
 - Remi Miller - 2/18
 - Bennington Stout - 2/20
- WVST Championship Team Towel
 - If your swimmer has a divisional cut you are invited to by them a customized Championship Towel.
 - Towels are \$38 and will be billed to your account in March.
 - Please fill out the Google doc with swimmer name and how many towels you would like to order.
 - https://docs.google.com/spreadsheets/d/15EotidNGbkulTvavEuyO4Or6_8WSZ7ailcCbigoeRnc/edit?usp=sharing

Positive Coaching Alliance

- **March Swim Practice:** 24-27 FEB will be the last week of regular season practice for the Winter Season. Swimmers with a Divisional or State cut will continue to practice in March. Please have a discussion with your group coach, if your swimmer does not have a qualifying cut but would like to continue to practice in March.
- **WVST 2025 Summer Season (APR-AUG) Registration**
 - Registration is now open for current WVST swimmers. Please sign up ASAP if your swimmer will compete with WVST in the upcoming Long Course Meters (LCM) season.
 - Link (also on the WVST Website): <https://forms.gle/8gKn6ARWJdpcyevX8>



Shark Check-In

- Blue and Red group swimmers complete a digital/paper wellness questionnaire prior to each practice. Due to busy schedules & travel times, at times swimmers do not have enough time to “check-in” prior to getting into the water. I’ve attached the link to the form so your swimmer(s) could complete the form on the way to each practice.
- <https://forms.gle/yBJahZhac7X27SY5A>

Contacts

- Coach Jake Alexander (Head Coach) (Blue Group)
 - jake.alexander@rocketmail.com
 - 812-631-2302
- Coach Drew Hill (Assistant Coach) (Red/White Group/Dryland)
 - andrew.r.hill3@gmail.com
 - 812-890-9431
- Coach Melina Loudermilk (Assistant Coach) (White Group)
 - loudermilkmelina@gmail.com
 - 812-881-6829