

# WEEKLY RUNDOWN

**2-2-2026**



# Practice Schedule

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

NOTE: Divisionals and State Meet Entries are now available.



# Coaches Corner

- Upcoming Events

- WIN Cupid Splash @ Castle High School, Newburgh IN
  - FEB 13<sup>th</sup> – 15<sup>th</sup> | 13 out of 40 Swimmers currently signed up.
  - **REGISTRATION DEADLINE: FRIDAY, FEBRUARY 6TH**
- Conference Championship @ Mt. Vernon High School
  - FEB 27<sup>th</sup> – MAR 1<sup>st</sup> | 14 out of 40 Swimmers currently signed up.
  - **REGISTRATION DEADLINE: FRIDAY, FEBRUARY 13TH**
  - ***Coach Drew encourages the whole team to attend. Mark your calendars.***
- Divisionals @ Castle High School, Newburgh, IN
  - MAR 6<sup>th</sup> – 8<sup>th</sup> | **REGISTRATION DEADLINE: WEDNESDAY, FEBRUARY 25TH**
- Senior State @ Elkhart Aquatic Center
  - MAR 12<sup>th</sup> – 15<sup>th</sup> | **REGISTRATION DEADLINE: WEDNESDAY, MARCH 4TH**
- Age Group State @ Carmel High School
  - MAR 19<sup>th</sup> – 22<sup>nd</sup> | **REGISTRATION DEADLINE: WEDNESDAY, MARCH 11TH**

**MEET ENTRIES ARE  
NOW AVAILABLE  
ON SE MOTION**

# Swimmer Spotlight

- **Happy Birthday!**
  - No birthdays this week.
- Best of luck to Yaretzi Pantall as she competes in the IHSAA Girls swimming sectionals this Thursday & Saturday!
- **Carly Houchin and the Franklin College Grizzlies will compete in their Conference swim meet this month. The Franklin College Parents are putting together goodie bags for the college swimmers. WVST would like to send Carly some notes/letters/pictures of encouragement. If your swimmer is interested please have them write her a note or color her a picture. I will have some crafting items on deck this week as well. I would like to get everything handed off at the end of the week.**



# | Positive Coaching Alliance

- Note on Taper III:
  - Parent's please focus on these areas during taper: **Rest/Sleep, Nutrition, Hydration, Anxiety Management, and Practice Attendance**. A successful taper is a group effort between the coach, parent, and swimmer. Swimming is a needy sport. Consistent practice attendance is a must February – March (80% or more).
  - What is a Taper: (Two articles, one provides a simple answer, the second article really gets down into the science behind it)
    - [https://drive.google.com/drive/folders/15LGQXAFFkOsnjP4dgAKYgfd4fp1eq6T3?usp=drive\\_link](https://drive.google.com/drive/folders/15LGQXAFFkOsnjP4dgAKYgfd4fp1eq6T3?usp=drive_link)
  - Taper Guides for Parents:
    - <https://www.usaswimming.org/news/2017/03/08/the-ten-rules-of-taper>
    - <https://swimswam.com/parents-survival-guide-dealing-taper/>
  - Nutrition:
    - [https://drive.google.com/drive/folders/1n\\_bVBtgdaO2nDFvkcNa9gXjpvAyLaPhX](https://drive.google.com/drive/folders/1n_bVBtgdaO2nDFvkcNa9gXjpvAyLaPhX)



# | 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 &amp; White Group</i>
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