

Weekly Rundown

2-3-2025

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

- Riverside Aquatic Club Winter Invitational @ Georgetown IN
 - FEB 14th - 16th
 - Registration Deadline: February 05th | 9 out of 50 (18%) Swimmers signed up.
- SCIS Conference Championships @ Newburgh IN
 - FEB 28th - MAR 2nd
 - Registration Deadline: February 22nd | 19 out of 50 (38%) 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!
 - Asher Lanning - 2/7
- 2025 THT Arctic Blast
 - Thank you to everyone that was able to attend!

Positive Coaching Alliance

- **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>

- **WVST Grievance Policy**

- Please review the policy: [Vincennes Swim Team - Policies](#)
- Grievances should be reported to: vvstgrievance@gmail.com

- **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