

Weekly Rundown

3-10-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
R 6:30-8:30 PM	R 6:30-8:30 PM	R 6:30-8:30 PM	No Practice	No Practice	R 9:00-11:00 AM
B 6:30-8:30 PM	B 6:30-8:30 PM	B 6:30-8:30 PM	MIDDLE SCHOOL HOME MEET		B 9:00-11:00 AM
	DRYLAND R&B 6:30-7:15 PM				SENIOR STATE WEEKEND

- Practice this week/next will be restricted to Senior State and Age Group State qualifiers only.
- **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 13, MAR 20 (Lifeguard Certification)

Coaches Corner

- Upcoming Events

- Senior State Championship @ Pike Aquatic Center, Indianapolis IN
 - MAR 13th - MAR 16th
- Age Group State Championship @ IU Natatorium, Indianapolis IN
 - MAR 21st - MAR 23rd
 - Registration Deadline: **March 12th**
- WVST End of Season Party @ The Speakeasy Arcade, Olney IL
 - MAR 28th from 5:00-8:00 PM CST
 - Potluck, games, and end of season awards. Food assignments: White (Dessert), Red (Side dish), Blue (Main dish).
- WVST New Swimmer Open House @ Vincennes YMCA
 - MAR 29th from 1:00-3:30 PM (EST)
- 2025 Athlete Leadership Summit @ Fishers High School, Fishers IN
 - APR 12th from 8:00-5:00 PM (EST)
 - Must be a freshman in High School or older, Ages 14 - 18.
 - Registration (\$40): [Team Indiana Swimming - Team Registration](#)

Swimmer Spotlight

- Happy Birthday!
 - Yaretzi Pantall - 3/10
- What a great Divisional Weekend! Congratulations to everyone that participated!!

Positive Coaching Alliance

- **[UPDATE] March Swim Practice:** Only swimmers with a Senior State or Age Group State Cut will be allowed to practice for the remainder of 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
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- Coach Melina Loudermilk (Assistant Coach) (White Group)
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 - 812-881-6829