

# Weekly Rundown

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3-3-2025

# Practice Schedule

| <u>Monday</u>     | <u>Tuesday</u>                 | <u>Wednesday</u>  | <u>Thursday</u>                  | <u>Friday</u> | <u>Saturday</u> |
|-------------------|--------------------------------|-------------------|----------------------------------|---------------|-----------------|
| W<br>6:30-7:30 PM | R<br>6:30-8:30 PM              | W<br>6:30-7:30 PM | No Practice                      | No Practice   | No Practice     |
| R<br>6:30-8:30 PM | B<br>6:30-8:30 PM              | R<br>6:30-8:30 PM | MIDDLE<br>SCHOOL<br>HOME<br>MEET |               | DIVISIONALS     |
| B<br>6:30-8:30 PM | DRYLAND<br>R&B<br>6:30-7:15 PM | B<br>6:30-8:30 PM |                                  |               |                 |

- Meet week practice schedule + No Thursday Practice.
- **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 13, MAR 20 (Lifeguard Certification)

# Coaches Corner

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- Upcoming Events
  - Championship Shirt Orders:
    - Get your orders in NLT Midnight on Monday, **MAR 3rd**
    - [WVST Swimming Short Course Champions | Top Cat Printing | powered by OrderMyGear](#)
  - Divisional Championship @ Deaconess Aquatic Center, Evansville IN
    - MAR 7th - MAR 9th
  - Senior State Championship @ Pike Aquatic Center, Indianapolis IN
    - MAR 13th - MAR 16th
    - Registration Deadline: **March 5<sup>th</sup>**
  - Age Group State Championship @ IU Natatorium, Indianapolis IN
    - MAR 21st - MAR 23rd
    - Registration Deadline: **March 12<sup>th</sup>**
  - 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 Noon-3:30 PM (EST)

# Swimmer Spotlight

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- Happy Birthday!
  - Pierce White - 3/2
- Congratulations to everyone that participated in the Conference meet this weekend! On to Divisionals!

# Positive Coaching Alliance

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- **March Swim Practice:** 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

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