

Weekly Rundown

4-28-2025

A dark blue diagonal gradient bar that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the page.

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	No Practice	No Practice	No Practice
R 6:30-8:30 PM	B 6:30-8:30 PM	R 6:30-8:30 PM			
B 6:30-8:30 PM	DRYLAND R&B 6:30-7:15 PM	B 6:30-8:30 PM			

This week: No practice on Thursday & Saturday due to YMCA Lifeguard Certification Classes.

Coach Jake Update: Coach Jake is recovering well from his surgery, and will be back on deck as soon as he can! Coach Melina will be covering practice this week.

Coaches Corner

Upcoming Events

BRING A FRIEND TO SWIM NIGHT @ Vincennes YMCA

MAY 7th | WVST will host a “Bring a friend to swim” night on May 7th, 2025. All swimmers are encouraged to bring a friend to practice.

THT SUMMER STEAM @ Vigo Schools Aquatic Center, Terre Haute

MAY 17th - 18th | **Registration Deadline: 4/30/2025**

2025 ISC SUMMER INVITE @ IU Natatorium, Indianapolis

JUN 13th - 15th | **Registration Deadline: 5/30/2025**

2025 GREAT SHARK BAIT SHOWDOWN @ DAC, Evansville

JUN 20th - 22nd | **Registration Deadline: 6/11/2025**

WVST Board Meeting @ Zoom

JUN 20th, 12:00 EST

Swimmer Spotlight

Happy Birthday!

Kalista Hadley - 4/30

Our Sharks are off to a great start this season! Lots of new accomplishments and achievements over the weekend at the 2025 WIN Spring Spotlight. Check out our Facebook page this week for some recognition posts.

Positive Coaching Alliance

Helpful links for new/returning WVST families:

Team website: <https://www.gomotionapp.com/team/invst/page/home>

Team Facebook page: <https://www.facebook.com/profile.php?id=61565657345421>
(Give us a like and follow)

Parents Facebook page: <https://www.facebook.com/groups/899850657625712>
(This is a private WVST Parents only page)

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)
jake.alexander@rocketmail.com
812-631-2302

Coach Drew Hill (Assistant Coach)
andrew.r.hill3@gmail.com
812-890-9431

Coach Melina Loudermilk Assistant Coach)
loudermilkmelina@gmail.com
812-881-6829