

Weekly Rundown

5-5-2025

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	No Practice
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 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		

This week: No practice on Saturday due to YMCA Lifeguard Recertification.

Reminder: Bring a friend (or two) to swim night is this Wednesday.

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: Closed**

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!

Ethan Palmer - 5/5

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)
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