

Weekly Rundown

7-28-2025

A dark blue diagonal gradient bar that starts from the bottom left and extends towards the top right, 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	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		DIVISIONAL CHAMPIONSHIP
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		

Note: Last week of practice!

Coaches Corner

Upcoming Events

2025 DIVISIONAL CHAMPIONSHIP @ DAC, Evansville IN

AUG 1st - 3rd

Swimmer Spotlight

Happy Birthday!

No birthdays this week.

Congratulations to all of our swimmers that participated at the LCM Age Group State Championship meet!!

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

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