

Weekly Rundown

7-7-2025

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	R 8:00-10:00 AM
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 8:00-10:00 AM
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: Normal practice schedule.

Note: The WIN Summer Showdown has been canceled.

Coaches Corner

Upcoming Events

~~2025 WIN SUMMER SHOWDOWN @ CASTLE HS, Newburgh~~

~~JUL 12th - 13th | **CANCELED**~~

2025 SENIOR L.C. CHAMPIONSHIPS @ Indiana University, Bloomington, IN

JUL 16th - 20th | **Registration Deadline: 7/9/2025**

2025 AGE GROUP STATE CHAMPIONSHIPS @ IU NAT, INDY

JUL 24th - 27th | **Registration Deadline: 7/16/2025**

Swimmer Spotlight

Happy Birthday!

Korbin Alexander - 7/8

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