

WEEKLY RUNDOWN

9-22-2025



Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W GRP 6:30–7:30 PM	W GRP 6:30–7:30 PM	W GRP 6:30–7:30 PM	R GRP 6:30–8:30 PM	NO PRACTICE	R GRP 9:00–11:00 AM
B GRP 6:30–8:30 PM	R GRP 6:30–8:30 PM	R GRP 6:30–8:30 PM	B GRP 6:30–8:30 PM		B GRP 9:00–11:00 AM
	B GRP 6:30–8:30 PM	B GRP 6:30–8:30 PM			
	RED DRYLAND 6:30–7:15 PM	BLUE DRYLAND 6:30–7:15 PM			

- Normal practice schedule this week.
- Coach Drew back on deck starting Monday, 9/22/2025.

Coaches Corner

- Upcoming Events
 - 2025 GREAT Fin-Tastic Invitational @ Deaconess Aquatic Center, Evansville IN
 - OCT 4th – 5th
 - Registration Deadline: **September 24th** | *Please get your swimmers signed up, we need 5 more swimmers to sign up in order for the team to attend!*
 - *[Removing]* WIN Fall Fling @ Castle H.S. | OCT 17th–19th
 - *[Adding]* 2025 THT Halloween Splash @ Vigo County Schools Aquatic Center, Terre Haute IN
 - OCT 25th – 26th
 - Will upload the meet file this week

Swimmer Spotlight

- **Happy Birthday!**
 - Braelyn Burrows – 9/21

| Positive Coaching Alliance

- Dr. Alan Goldberg | What to do When Your Favorite Coach Leaves
- Lot's of change for WVST at the start of the season. Effective communication between coaches and parents is always important, but during this time of change it is critical. Please allow and assist your swimmer(s) with all the emotions that they might be feeling.
- <https://www.usaswimming.org/news/2018/04/09/what-to-do-when-your-favorite-coach-leaves>

| Contacts

Coach Drew Hill <i>Head Coach</i>	Coach Melina Loudermilk <i>White Group</i>	Coach Andrea McDowell <i>Red Group</i>	Coach Marco Gomez <i>Red Group</i>	Coach Matt Powell <i>Blue & White Group</i>
andrew.r.hill3@gmail.com 812-890-8431	loudermilkmelina@gmail.com 812-881-6829	mcdowella4@iecc.edu 618-795-2688	marco.gomez33@yahoo.com 812-887-7290	mmoc98@gmail.com 618-554-1162

