

WEEKLY RUNDOWN

9-29-2025



Practice Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W GRP 6:30–7:30 PM B GRP 6:30–8:30 PM	W GRP 6:30–7:30 PM R GRP 6:30–8:30 PM B GRP 6:30–8:30 PM RED DRYLAND 6:30–7:15 PM	W GRP 6:30–7:30 PM R GRP 6:30–8:30 PM B GRP 6:30–8:30 PM BLUE DRYLAND 6:30–7:15 PM	R GRP 6:30–8:30 PM B GRP 6:30–8:30 PM	NO PRACTICE	NO PRACTICE 2025 Fin-Tastic Invitational

Coaches Corner

- Upcoming Events
 - WVST Calendar fundraiser: SEP 28th – OCT 30th
 - Squares/\$: due by OCT 30th | Cash Draw: NOV 4th
 - GREAT Fin-Tastic Invitational @ Deaconess Aquatic Center, Evansville IN
 - OCT 4th – 5th | 15 out of 39 (38%) Swimmers signed up
 - THT Halloween Splash @ Vigo County Schools Aquatic Center, Terre Haute IN
 - OCT 25th – 26th
 - **Registration Deadline: OCT 8** | 10 out of 39 Swimmers currently signed up.
 - GREAT Pumpkin Splash @ Deaconess Aquatic Center, Evansville IN
 - NOV 1st – 2nd
 - CGAC Jingle Bell Classic @ Center Grove High School
 - NOV 21st – 23rd
 - MTV Candy Cane Classic @ Mt. Vernon High School
 - DEC 5th – 7th

Meet Rundown (4-5 OCT)

Meet Format: This meet will be conducted in a timed finals format for all age groups.

Meet	Session 1	Saturday	Warm-up 12:00 AM	Starts at 1:00 PM
Schedule:	Session 2	Sunday	Warm-up 8:00 AM	Starts at 9:00 AM

- All meet times are in CST this weekend.
- Please have your swimmer dressed and on the pool deck NLT **20 min** before Warm-up.
- Coach Drew and Coach Matt will be on Deck Saturday & Sunday.
- Red & White group parents please remember to write your swimmers event numbers on your swimmers arms! Coaches can cover Heat and Lanes once the information comes available.
- Meet Entry PDF is posted and available on you SE Motion app under the EVENT DETAIL page for the 2025 GREAT Fin-Tastic Invitational

ORDER OF EVENTS

Saturday		
Warm-Up: 12:00 pm / Start: 1:00 pm		
Girls Event #	Event	Boys Event #
101	Open 200y Medley Relay	102
103	Open 200y IM*	104
105	10 & Under 25y Freestyle	106
107	Open 100y Freestyle*	108
109	Open 50y Breaststroke*	110
111	10 & Under 25y Backstroke	112
113	Open 100y Backstroke*	114
115	Open 50y Butterfly*	116
117	Open 500y Freestyle*	118

*scored as 10 & Under, 11-12, 13 & Over

Sunday		
Warm-Up: 8:00 am / Start: 9:00 am		
Girls Event #	Event	Boys Event #
201	Open 200 Freestyle Relay	202
203	Open 200y Freestyle*	204
205	10 & Under 25y Butterfly	206
207	Open 100y Butterfly*	208
209	Open 50y Backstroke*	210
211	10 & Under 25y Breaststroke	212
213	Open 100y Breaststroke*	214
215	Open 50y Freestyle*	216
217	10 & Under 100y IM	218
219	Open 400 IM*	220

*scored as 10 & Under, 11-12, 13 & Over



Information for WVST Parents:



Writing Events on Your Swimmer's Arm

Swimmers don't have Heat Sheets, so how do they keep track of what events they are swimming in? By writing on themselves, of course.

Younger swimmers will need to have on their arm the **Event number**, **Event name**, the **Heat number**, and the **Lane number**.

Using a waterproof marker is important to this process. The example below has the swimmer participating in 3 events. In Event 106, the swimmer is swimming the 25 Freestyle, in Heat 1, Lane 5. In Event 110, the swimmer is swimming the 50 Breaststroke, in Heat 2, Lane 8. In Event 112, the swimmer is swimming the 25 Backstroke, in Heat 3, Lane 1. The swimmer can keep track of what event number is in progress by watching the scoreboard or asking a coach.

Parents are **highly encouraged** to write the **Event #** and **Event Name** on their swimmer **before** arriving on the pool deck for warmups. *Use the OnDeck app to see what events your swimmer is in.* This benefits both your swimmer and the coaches on deck. A coach will verify the **Event #** and Event, and finish marking the Heat and Lane numbers once the Heat Sheets are available. Additionally, the meet host will have Heat Sheets posted on the wall for swimmers to utilize.



Wabash Valley Swim Team

Sharks E.A.T Every Day

Swimmer Spotlight

- **Happy Birthday!**
 - Carter Stevenson – 10/2

| Positive Coaching Alliance

- Leading with Accountability: Lessons from Coaching, Boards, and Collaboration
- “Ultimately, the success of a USA Swimming club, or any athletic program, is not the work of one person. It is the result of athletes striving, coaches guiding, parents supporting, and boards governing. The head coach is at the intersection of all those forces, responsible for leading with clarity, humility, and accountability.”
- https://www.the-lifelong-swim-coach-mike-murray.com/blog/2725882_leading-with-accountability-lessons-from-coaching-boards-and-collaboration?fbclid=IwY2xjawNCXF9leHRuA2FlbQlxMQABHoBhl2uO8g-139Q7raQAxbxjvJjCoOMXmKiMa0gRXP4V58QFH_rYXIfgbjQ1_aem_xTxCW_K097MRNGnwIZuiqA

| 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>
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