



SWIM. FIGHT. WIN. GO IRISH!

## Notes from Coach Matt

With another week down, we are yet another week closer to the start of meets! We are just two weeks out from our first competition, which will be the NCISC Fall Sprint Meet at SB Riley HS. Entries for this meet are open and will close this Friday. Please log in to your account and declare your intentions for the meet before the deadline. This is a great meet for all swimmers. The older swimmers always have fun swimming the short races, and it is a low key, one session meet, which makes it ideal for the new swimmers experiencing a meet for the first time. The coaching staff will enter relays based on the number of swimmers entered in each age group. Please let me know if you have questions on registering for meets.

We will have our team picture on Monday, with smaller group shots and individual pictures taking place both Monday and Tuesday. See the Team Picture section of this newsletter for more information on who will get their pictures on which day.

Swimmers in the Gold and Senior Groups should remember to bring their yoga mats to practice on

Monday. We will continue with yoga on Mondays (most weeks) at the end of practice in the spectator gallery.

If you haven't picked up your tickets for the Nelson's chicken presale or have not yet sold your tickets, please consider doing so this week before the money and unsold tickets need to be turned in. The funds raised from this fundraiser will be used to directly provide training items for our swimmers.

Let's keep up the good work in the pool as we move to the competition phase of the season!

*Go Irish!*

*Coach Matt*

## Calendar

### Week of 9/26

- Friday, September 30 – Registration deadline for NCISC fall Sprint Meet
- Saturday, October 1 – IN Swimming House of Delegates, North Central HS, Indianapolis, IN

### Week of 10/3

- Monday, October 3 – Registration deadline for PRO Superstar Invitational
- Friday, October 7 – No practice at ND due to home swim meet
- Saturday, October 8 – NCISC Fall Sprint Meet, SB Riley HS
- Saturday, October 8 – Nelson's Port-a-Pit Fundraiser

### Week of 10/10

- Friday, October 14-Sunday October 16 – FAST Monster Splash, Fishers HS, Fishers, IN

### Week of 10/17

- Monday, October 17 – Registration deadline for NASA Sprint Meet Plus
- Saturday, October 22-Sunday October 23 – PRO Superstar Invitational, Penn HS, Mishawaka, IN

## FAST Monster Splash

Entries have been sent in to the meet host for the FAST Monster Splash. If you did not sign up and still wish to attend, please let Coach Matt know ASAP. He may be able to get additional entries in this week, but there is no guarantee.

## Birth Certificates

If you are new to IN Swimming or have never provided proof of your swimmers birthdate to IA or any other IN Swimming affiliated team, you will need to supply a copy of your child's birth certificate or passport to us so we can submit it to IN Swimming for age verification. This is a one-time requirement for all swimmers 18 & Under registered in our LSC.

## Nelson's Fundraiser

All families should have received their tickets for the Nelson's Port-a-Pit fundraiser at practice. All group levels are included in this fundraiser. There are a few envelopes left at Rolfs for families who have not picked them up. Please be sure to do so this week. All unsold tickets and any money for sold tickets must be returned to Coach Walter or Coach Matt by your swimmer's last practice this week. Sales are completely voluntary, but we are hoping that each family can do their part to help our organization raise funds to be put directly back into programming for our swimmers. There are numerous training aids for both dryland and in water use that we could use to purchase and/or upgrade and the proceeds from this fundraiser will help us do that.

For pre-sales, please collect the money and give the purchaser one of your tickets. You will then turn the money (and any unsold tickets) back into one of the coaches. We will keep record of the tickets sold vs returned. Any checks should be made out to Irish Aquatics. If you need more tickets, please let Coach Matt or Coach Walter know.

Coach Walter emailed the team with more information about the help that is needed during the event. Please respond to him ASAP with when you may be able to take a shift helping us. We will need swimmers to go from the meet at Riley HS over to the event to hold signs and energetically advertise our fundraiser with the signed we will make at practice.

## Team T-shirts and Cap

Swimmers new to the team will be receiving two team t-shirts (one gray and one green) and a blue team cap (both latex and silicone available). This is included with your registration. The shirts and caps are what is worn at meets. In an effort to look like a team in a sport where we do not have a uniform to wear, we do our best to wear the same shirt as our teammates each day of the meet and wear matching team caps as well for each race. In the month of October, swimmers may race in our limited edition pink caps, which are available for purchase from Coach Matt for \$12 (silicone only). We do need to replenish our stock of youth sizes for the team t-shirts, so I will not have them to everyone right away. I will get the order in this week and will hopefully have them by the second meet if not the first. Any parent or sibling who wishes to order one of the gray or green t-shirts (not any of the items included on the fall apparel order), you can do so by contacting Coach Matt. Shirts are \$10 apiece for individual sale.

## Team Pictures

On Monday, September 26 and Tuesday, September 27, we will have a photographer at Rolfs for team pictures. We will start Monday with the full group shot of everyone who can make it. We ask that everyone be at the pool by 6:00 PM so that we can get the swimmers lined up and organized to get that large group shot done as quickly as possible. We are breaking the individual shots down into groups. The Green group and Bronze group will have a group shot of their training group on Monday as well, with the Silver and Gold/Senior groups having groups shots on Tuesday. Individual pictures will be taken for swimmers in those groups on the same day as the group shots, but if anyone has a conflict and has to have their individual picture done on the opposite day, we can arrange for that.

Swimmers will be in their swim suits for the group pictures. It is up to the individual family for what the swimmer will wear for any individual shots.

All Green swimmers are welcome to attend on Monday. There will most likely not be enough time for the actual Green practice, so any of the Monday/Wednesday swimmers can attend one of the Tuesday/Thursday practices as well if available.

Bremen swimmers may attend the ND practice to be included in the picture. We will still offer the normal Bremen practice for anyone who is not able to attend at ND, but we would love to have as many team members in the picture as possible.

## Fall Apparel Order

The fall apparel order forms and payments are due on Monday, September 26. Order forms were sent out by Jen Craig and with last week's newsletter. Coach Matt will have the order forms at the pool at Monday's practice if you did not receive one and would like to order any of the items.

## Just Add H<sub>2</sub>O

Just Add H<sub>2</sub>O is our official team supplier of all of our swimwear needs. We have a team portal set up through their website that is linked to the **Team Store** command button on the website, just below the Twitter feed. Whether you would like to buy a team suit (not required), fins, paddles, snorkels, goggles, parkas or Speedo warmups, Just Add H<sub>2</sub>O is the place to go. If you stop into the store, be sure to tell them that you are a member of Irish Aquatics!

## Practice Schedule

	<b>Gold/Senior</b>	<b>Silver</b>	<b>Bronze</b>	<b>Green</b>	<b>Bremen Silver/Gold</b>	<b>Bremen Bronze</b>
Monday 9/26	6:00-8:00 PM Swim* 8:00-8:30 PM Yoga	6:00-8:00 PM*	6:00-7:30 PM*	5:45-6:30 PM*	6:00-8:00 PM	6:00-7:30 PM
Tuesday 9/27	6:00-8:00 PM Swim 8:00-8:30 PM Dryland	6:00-8:00 PM	6:00-7:30 PM	5:45-6:30 PM	6:00-8:00 PM	6:00-7:30 PM
Wednesday 9/28	6:00-8:00 PM Swim 8:00-8:30 PM Dryland	6:00-8:00 PM	6:00-7:30 PM	5:45-6:30 PM	No Practice	No Practice
Thursday 9/29	6:00-8:00 PM Swim 8:00-8:30 PM Dryland	6:00-8:00 PM	6:00-7:30 PM	5:45-6:30 PM	6:00-8:00 PM	6:00-7:30 PM
Friday 9/30	6:00-8:00 PM Swim	6:00-7:30 PM	No Practice	No Practice	No Practice	No Practice
Saturday 10/1	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Sunday 10/2	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice

\*Team picture starting at 6:00 PM