

## **Week 7 - Updates & More!!**

First off I am sorry this e-mail is so very long. We have a LOT going on right now that I need to share with everyone.

If your athlete is going to miss practice for some reason, they or you need to contact Coach Ivan directly. Please DO NOT respond to this e-mail as Coach doesn't have access to it, so he might not know in time.

### **Home Meet Food Sign Up - Tuesday 9/18**

This Tuesday we will take on the Jefferson J-Hawks at Kennedy. Please consider signing up to donation food to feed our athletes and Jefferson's after the meet. [Click here to get to the sign-up.](#)

### **Cougar Invite Food Sign Up - Saturday 9/22**

Also, this week on Saturday we will have the Cougar Invite. This is a large invite and we will need all the help we can get for our hospitality room. If you would like to donate items for this, it would be greatly appreciated. If you have questions or would like to help in the hospitality room, please contact Sara Kilgore (her e-mail is on our website). [Click here to sign-up.](#)

### **Away Meet Food Sign Up - Tuesday 9/25**

Our next away meet will be at Linn Mar on September 25<sup>th</sup>. We will need donations for food again. Please make sure to have your food in the swim kitchen the day before the meet. If you have questions, email Kari Jansen (her e-mail is on our website). [Click here to sign-up.](#)

### **After Invite Team Dinner**

Senior Marissa Lyon has set up some "post invite" team dinners. She is looking for people to host these meals. Don't be alarmed, they are potlucks! [Click here to sign up to host.](#) If you have questions, please contact Marissa directly at [marissa.lyon@beasaint.org](mailto:marissa.lyon@beasaint.org).

### **Pink Out - October 2nd**

The team captains & seniors have decided that they would like to have a PINK OUT to raise money for breast cancer research. This event will take place on October 2<sup>nd</sup>. We will have pink-out shirts and tank tops for sale as a fundraiser, proceeds will go to the Especially for You at Mercy Hospital. They will be available on a first come first serve, available on September 28<sup>th</sup>. I will have the t-shirt design posted on our website with prices tomorrow, these will not be over \$15.00!

We are also planning on doing a silent auction for this night. If you know of any businesses that would donate items, or if you would like to put a basket together, please just let me know. The more we have the more successful this event will be. I would also like to have each grade level put a basket together. If you would like to head up your daughter's level, e-mail me.

### **Senior Night - October 2<sup>nd</sup>**

We are looking for a senior parent to help with senior night and some of the details. Please let me know if you can take this on. Mollie Gannon did this last year and made a GREAT checklist.

### **BOOSTER CLUB - NEEDS ATTENTION!**

We have received word from AD, Aaron Stecker that Booster Club Benchwarmer Fundraiser sales are very low. This is part of the equation that will earn us our funding for next season. As of Friday, we had only sold 47 (this is not even each athlete selling one). Each athlete is expected to sell three total (so if you are in other sports you don't have to sell 6), we would just hope that you would put one towards swimming. If we cannot participate in the booster club fundraisers, we will be forced to do a separate fundraiser to cover our budget. Please help us out, it's not too late to sell these! See Coach if you need tickets.

### **Now on to the weekly e-mail from Ivan!!**

Great swims again by our Cougars very proud of their efforts and hard work this week at the 3 meets they competed on. Good job let's keep working hard ladies.

We had personal records from:

Olivia Bowden - 100 back vs CR Wash / 200 IM - Little Hawk Invite  
Jordyn Cory - 200 Free vs CR Wash  
Kacey Davis - 100 back vs LM & Tipton  
Emily Doyle - 100 Breast vs CR Wash  
Katie Doyle - 50 Free vs CR Wash  
Maddie Gannon - 100 fly vs CR Wash / 200 Free - Little Hawk invite  
Sydney Harris - 200 IM vs CR Wash  
Lydia Heskje - 100 back vs CR Wash/ 50 back & 200 IM vs LM&Tipton  
Lauren Hughes - 100 free vs CR Wash  
Gaby Kilgore - 100 back & 200 IM vs CR Wash / 500 free vs LM&Tipton  
Lainey Luensman - 50 free vs LM&Tipton  
Audrey Miller - 200 IM vs LM & Tipton  
Maddy Niemeier - 100 free & 100 Fly vs CR Wash  
Sadie Wagemester - 200 Free vs CR Wash  
Anna Waters - 500 Free vs LM &Tipton

Thank you again parents for the support at our meets and for cheering on our Cougars!

There are few changes on the schedule specially for JV group on Friday - See schedule below.

There will be no practices for any groups on Saturday due to Cougar Invite. Swimmers and Divers that are not competing in the meet are expected to be at the pool helping as timers, hospitality and cheering on their teammates.

Under Armour - I was told we should be getting it this week. Let's hope we do.

## **Schedule Week 7**

### ***Monday***

Varsity - 5:30-7AM Dryland + Swim & 3:30-5:45PM Swim  
Diving - 5:30-7AM  
JV - 4:30-7:15PM Dryland + Swim

### ***Tuesday***

Varsity - 5:30-7AM Swim  
Swim meet vs CR jefferson  
Varsity warmup - 3:30-4:20PM  
JV warmup - 4:20-5PM  
Diving warmup 3:30-5PM

### ***Wednesday***

Diving - 5:30-7AM  
Varsity - 3:30-6PM Weights + Swim  
JV - 6-7PM Swim only

### ***Thursday***

Diving - 5:30-7AM  
Varsity - 5:30-7AM Swim / 3:30-5:45PM Swim  
JV- 4:30-7:15PM Dryland + Swim

### ***Friday***

JV - 5-6:40 AM Swim / 2-4 Dryland + Swim  
Varsity - 5:30-7AM Dryland / 2-4 Swim  
Xavier Varsity - 5:30-7AM Dryland /3:15-5PM Swim  
Diving - 3:30-5PM

### ***Saturday***

Cougar Invite  
Diving warmups - 7AM (divers competing be at the pool at 6:40AM)  
Diving starts - 8:30AM  
Swimming warmups - 11:30AM (Swimmers competing be at the pool at 11AM)  
Swimming competition starts - 1PM

Hope you all make it a great week and GO COUGARS!!

Coach Ivan - [ivan.elcoach@gmail.com](mailto:ivan.elcoach@gmail.com)

Stephanie Cory (Swim/Dive Team Parent) - [cougarswimdive@gmail.com](mailto:cougarswimdive@gmail.com)