

AGON

March

March 9 - Last practice of Short Course Season

March 11-17 Team Break

March 18 - First day of Long Course Season

March 18 - First day of Lesson Session VII Mon/Wed groups

March 19 - First day of Lesson Session VII Tue/Thu groups

March 23 - Freestyle Swim Clinic with Guest Coach

April

April 10 - Last day of Lesson Session VII Mon/Wed groups

April 11 - Last day of Lesson Session VII Tue/Thu groups

April 22 - First day of Lesson Session VIII Mon/Wed groups

April 23 - First day of Lesson Session VIII Tue/Thu groups

May

May 3-5 FRST Meet

May 15 - Last day of Lesson Session VIII Mon/Wed groups

May 16 - Last day of Lesson Session VIII Tue/Thu groups



2019 Indiana Swimming Central West Divisional Championships Highlights

Sophia Kapperman - dropped 3.00 seconds in the 100 Breast
Eliza Biltz, Cora Lewis, & Brooke Parini - Competed in their first Divisionals as members of the 10 & under girls 200 Free Relay



February Attendance Leaders

Silver - Ellie Lewis



Prep - Brooke Parini



Six Meet Athletes

Eliza Biltz
Sophia Kapperman
Tucker McCarty
Chloe Purcell
Ellie Vagedes

IM Ready Athletes

Sophia Kapperman
Ellie Vagedes

IM Xtreme Athletes

Sophia Kapperman
Ellie Lewis
Chloe Purcell

2019 RIV Prelude to the Championships Highlights

Eliza Biltz - Dropped 6.63 seconds in her 50 Free
Holly Brown - Dropped 7.19 seconds in her 50 Fly
Lina Duncan - Dropped 20.96 seconds in her 100 Back
Cora Emmons - Swam her first 100 Back
Audrey Graham - Dropped 10.50 seconds in her 50 Back
Brenden Jennings - Competed in six events
Seth Leonard - Swam in his first USA Swimming meet
Ellie Lewis - Earned IMX certificate from USA Swimming
Tucker McCarty - 0.05 from Divisional time in 50 Free
Chloe Purcell - Earned IMX certificate from USA Swimming



2019 JAGS February Invite Highlights

Holly Brown - Swam her first 50 Fly
Ayrica DeHart - Swam her first 100 Fly
Cora Emmons - Swam her first 100 Breast
Brenden Jennings - Dropped 47.76 seconds in the 200 Free
Sophia Kapperman - Divisional cuts in 100 Free & 50 Breast
Cora Lewis - Swam her first 50 Fly
Ellie Lewis - Dropped 12.77 seconds in 100 Fly
Tucker McCarty - Swam his first 50 Back
Brooke Parini - Dropped 10.62 seconds in the 50 Free
Chloe Purcell - Dropped 11.13 seconds in the 100 Fly
Ellie Vagedes - Swam her first 200 IM and is a 200 Free away from an IMX certificate

2019 Long Course Practice Schedule

Group	Dates	Times
Lessons	Session VII (March 18 - April 10)	Mondays & Wednesdays Group I 6:00-6:30 pm Group II 6:30-7:00 pm Group III 7:00-7:30 pm Tuesdays & Thursdays Scheduled as needed
	Session VIII (April 22 - May 15)	
	Session IX (June 3 - 26)	
	Session X (July 8 - 31)	
Prep	March 18 - August 4	Tue/Thu/Fri 6:00-7:00 pm Sat 11:00-12:00 pm
Silver	March 18 - August 4	Mon-Fri 4:30-6:00 pm Sat 10:00-11:30 am
Masters	March 18 - August 4	Mon 4:30-7:30 pm Tue 4:30-7:00 pm Wed 4:30-7:30 pm Thu 4:30-7:00 pm Fri 4:30-7:00 pm Sat 10-12 pm

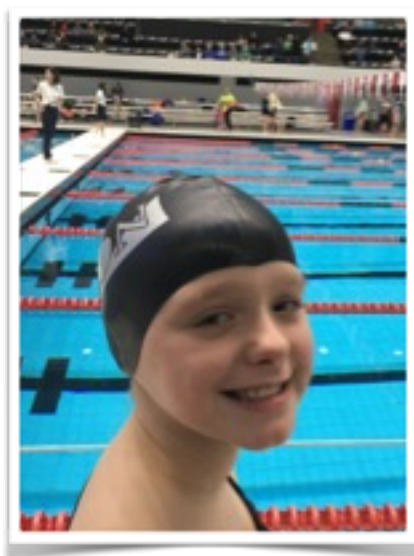
2019 Long Course Season Meet Schedule					
Date	Meet	Location	Ages	Qualifying Times	Course
May 3-5	FRST Early Summer Slam	Franklin, IN	All	No	LCM
May 31 - June 2	DON Jaime Miller Invite	Columbus, IN	All	No	LCM
June 28-30	PCA Summer Invite	Plainfield, IN	All	No	SCY
July 12-14	BBSC Summer Splash	Brownsburg, IN	All	No	LCM
July 26-28	Age Group State Champs	IUPUI	14 & under	Yes	LCM
August 3-4	CW Divisional Champs	Crawfordsville, IN	All	Yes	SCY

SCY = Short Course Yards (25 yard pool)
LCM = Long Course Meters (50 meter pool)

2019 Long Course Season Dues

Group	Dues
Lessons	\$50 per Session
Prep	\$275
Silver	\$320
Masters	\$50 per month

Beginning our 9th season and 5th year as a team, we are still offering the instruction/training at the same base price as past years. It is our desire to make the sport of swimming as accessible as possible to Ellettsville and surrounding community members.



Group Changes

Between seasons we typically change groups for some swimmers based on a variety of factors. We are primarily looking to see that swimmers have achieved the practice group requirements as listed on the team website (subpage of “Practice Groups” page) but we also consider other factors including: age, physiological development, sources of motivation, and behavior. Ultimately, we are working to select a group that will best facilitate the long term development and success in the sport for each athlete.

In the coming days we will be speaking with swimmers at practice and in some cases corresponding with parents to discuss group changes. If I fail to speak with your swimmer, if you have questions about the group change process, or feel your swimmer is not in the most appropriate group, feel free to contact me and I’d be happy to address your questions or concerns.



Freestyle Clinic with Olympic Trials Swimmer Max Irwin

On Saturday, March 23, the first Saturday of our new season, we will not have practice as usual. We will be conducting a two hour freestyle clinic from 10:00-12:00 with guest coach, Max Irwin. All Prep and Silver swimmers are invited and highly encouraged to attend. We plan to utilize video footage of Max while he breaks down what he believes are important aspects of the Freestyle stroke. This is a great chance for our athletes to get slightly different input and to possibly gain a new swimming role model.

Max Irwin swam for Indiana University for four years and led the team to a Big Ten Conference Championship as a captain his senior year. Other swimming accomplishments include placing 24th in the 200 Butterfly at the 2016 Olympic Trials, being a member of a national champion 800 Freestyle Relay at the 2016 USA Swimming Winter Nationals, and a second place finish in the 500 Freestyle at that same meet.

Max graduated from IU in 2017 with two B.S. degrees, one in physics and one in mathematics, and now works at NSWC Crane as a scientist for the US Navy. He is also a head swimming coach at Bloomington High School North.

Thank you for being a part of the Agon family!