November 2026

VOLTAGE AQUATICS

Making Waves, One Stroke at a Time!

As the high school season winds down, we would like to congratulate all of our high school Voltage swimmers for an awesome season. We would also like to wish our Voltage swimmers heading to State Champs in Boise the best of luck. You have put in the effort, done the hard work, and now it's time for you to shine. We will all be cheering you on!

Welcome to Our New Coaches!

We are excited to welcome our new coaches to the swim team! We're thrilled to have them join our team and bring their knowledge, enthusiasm, and passion for swimming to our athletes. Please help us give them a warm welcome as they get to know our swimmers and families. We look forward to a fantastic season of learning, growing, and achieving new goals together!



Olivia Whalen is from Rigby and has been swimming since she was 12yrs old. The 100 breaststroke has always been her favorite event and she really loves being a part of the swimming community. She's been coaching swim for 5yrs and we are lucky to have her join our Voltage staff.



Riley Hancock is coming from North Dakota and has been swimming competitively since he was 7yrs old. He's a student at BYUI and is excited to be a part of Voltage.

For administrative questions contact: Christine Dustin
christine@merrells.org, 503-539-4621

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November 23 - February 20 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lightning (*Required* 6 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 1 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM **OR** 4:15 – 6:00 PM	6:00 – 8:00 AM
Senior 2 (Recommended 4 -5 practice per week)	5:30 – 7:00 AM **OR** 4:15 – 6:00 PM	4:15 – 6:00 PM	5:30 – 7:00 AM 4:15 – 5:30 PM Dryland 5:30-6P	4:15 – 6:00 PM	4:15 – 6:00 PM	6:00 – 8:00 AM
Pre – Senior (Recommended 2-4 practice per week)	4:30 – 5:30 PM Dryland 5:30-6P	4:30 – 6:00 PM	OFF	4:30– 6:00 PM	4:30 – 6:00 PM	OFF
Firebolts 1 (Recommended 4 -5 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	6:30 – 8:00 AM
Firebolts 2 (Recommended 3-4 practice per week)	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45 PM	3:30 – 4:45PM	3:30 – 4:45PM	OFF
Firebolts 3 (Recommended 2-4 practice per week)	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 1 (Recommended 2-4 practice per week)	OFF	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	OFF
Sparks 2 (Recommended 2-3 practice per week)	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF	3:30 – 4:30 PM	OFF
V O L T A G E A Q U A T I C S						

1. If you are unsure of your swimmers practice group, please reach out to Coach Liz @ voltageaquaitcs@gmail.com
2. Our number one goal is to keep swimmers progressing in an age appropriate fun environment, please reach out if you have any issues with group schedules.
3. Lightening, Senior 1, and Senior 2 evening practices have warmup exercises from 4:15-4:30pm. Swimmers are expected to come on time to get through these exercises and be ready to get in the water at 4:30pm.
4. Due to limited space, we ask that you stick to the schedule. Please DO NOT send your child to practice if their group is not scheduled for that day without prior coaches consent.
5. Please pick up your swimmers promptly after practice. It is unsafe and inappropriate to leave young children unattended for an extended period of time at the pool as our coaching staff (and the pool staff) are not responsible for them after practice.

November Birthdays

Arlo Wagner 11/2
Ellie Lyke 11/15
Grant Smith 11/29
Ethan Vaughan 11/5
Parker Griffel 11/22
Rangi Grimes 11/29
Duncan Inglet 11/7
Eric Couch 11/29
Marcus Jensen 11/30

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Upcoming Events

Fri, Nov. 6th: Only 3:30pm-4:30pm practice for Sparks 1 and Firebolt groups. 7th and 8th graders can ask their coach about coming at 3:30pm. There will be NO morning or 4:30pm practice.

Fri, Nov. 6th & Sat., Nov. 7th: *High School State Meet,* Boise Y – **NO PRACTICE (except 3:30pm practice mentioned above).**

Nov. 9th - Nov. 21st: **NO PRACTICE - POOL CLOSED FOR MAINTENANCE.**

Nov. 20th - Nov. 22nd: *Thanksgiving Invite*, Boise, ID.

Mon, Nov. 23rd: Pool reopens, Winter Schedule begins!

Thu, Nov. 26th: Thanksgiving - **NO PRACTICE.**

Fri, Nov 27th: **NO AM PRACTICE** (PM practice as usual).

Sat. Dec 12th: *Holiday Classic Meet*, Idaho Falls.

Dec. 24th - 26th: **NO PRACTICE**

Dec. 28th - Jan. 2nd: Survivor Week!

Skill Spotlight: Perfecting Your Freestyle

Great swimming starts with great technique! This month, we encourage all swimmers to spend a little time reviewing the fundamentals of a strong freestyle stroke. Proper body position, efficient hand entry, a strong catch, a steady kick, and smooth breathing can help swimmers become more efficient and confident in the water.

Watch this helpful video from MySwimPro to review proper freestyle mechanics and learn techniques you can focus on during practice: **Watch the Freestyle Technique Video on YouTube**

Challenge of the Week: Choose one technique from the video to focus on at your next practice. Remember, smooth and efficient swimming starts with good habits!

November Billing and New Management Platform

All groups will be billed half price in November due to the two week Aquatic Center closure. During that time you will get a notification about the new management platform and website we are moving to! We will no longer be using Team Unify/Sports Engine. We will be using Captyn. It is very user friendly and will hopefully make the administrative side of the swim team much easier.

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