

CREATURE WEEKLY UPDATE

PRACTICE SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|-------------------------------------|--------|
| CE+Sr 8-10a DAC MSS+MSG+MSR 3-4:30p Castle Elem S+G OFF SSR OFF | CE+Sr 5:30- 6:45a Castle MSS+MSG 6:30- 8:30p UE Elem S+G 5:30- 6:30p Castle | CE+Sr 6:30- 8:30p UE MSS+MSG+MSR 3-4:30p Castle Elem S+G 5:30- 6:30p Castle SSR 5:30-6:30p | CE+Sr 5:30- 6:45a Castle MSS+MSG 6:30- 8:30p UE Elem S+G 5:30- 6:30p Castle | CE+Sr 6:30- 8:30p UE MSS+MSG 3- 4:30p Castle | CE+Sr 7-8:15a MSS+MSG+MSR TBD | OFF |

○ Schedule Notes

- We are having some in water practices for HS and MS this week.
- High School is at Deaconess Aquatic Center on Monday 8-10am.
- HS is at University of Evansville from 6:30-8:30pm on Wednesday and Friday.
- MS is at University of Evansville from 6:30-8:30pm on Tuesday and Thursday.
- Elementary Groups start dryland this week at Castle HS Tues-Thur.
- Please make sure your swimmers bring gym clothes and sneakers for all practices at Castle this week.

JEFF'S CORNER

○ Dealing with Adversity

- We are not starting the season the way we had planned.
- Maintenance repairs rarely finish when scheduled.
- But we will adapt and work hard to make up for lost time.
- Being resilient is a quality that we want to instill in our swimmers.
- Sometimes your goggles break right before the race.
- Things don't always go smoothly or how we would like them to but how we react to adversity is a choice that we make.
- We can choose to be focused and work hard at the practices that are offered.
- At the beginning of the season it is very important to pay attention and listen to the coaches.
- This is the time when it is the easiest to change habits and learn new and better technique both in and out of the water since we have been out of the water and not done our dryland for a while.
- Dealing with and overcoming adversity helps you in the long run.

HAPPY BIRTHDAY!

- Happy Birthday this week to:
- Haley Blanton Thursday 9/8

SAFE SPORT TRAINING

- USA Swimming Safe Sport staff is hosting Zoom trainings for parents, minor athletes and coaches to assist clubs in completing the Training and Education requirement of the Safe Sport Club Recognition program.
- All participants will need to register to attend training.
- This information is important to all parents, athletes and coaches to and participation is needed for our club to achieve the goals of Safe Sport Club Recognition.
- SAFE SPORT TRAINING FOR PARENTS
- **Wednesday, September 7 at 6:00 p.m. ET** [Register Here](#)
- SAFE SPORT TRAINING FOR ATHLETES (AGES 12-17)
- **Thursday, September 8 at 6:00 p.m. ET** [Register Here](#)