

Weekly Rundown

1-13-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
W 6:30-7:30 PM	R 6:30-8:30 PM	W 6:30-7:30 PM	No Practice	No Practice	R 9:00 – 11:00 AM
R 6:30-8:30 PM	B 6:30-8:30 PM	R 6:30-8:30 PM	LHS Home Swim Meet		B 9:00 – 11:00 AM
B 6:30-8:30 PM	DRYLAND R&B 6:30-7:15 PM	B 6:30-8:30 PM			

- [INFORM] No Thursday practice due to a LHS swim meet.

Coaches Corner

- Upcoming Events
 - WVST Volunteer Day @ Giving Hope Olney Food Pantry
 - JAN 18th | Noon - 3:30 PM CST | 600 South Camp Ave, Olney IL
 - Event is outside. Dress accordingly
 - Please let us know if you plan to attend: <https://forms.gle/G4aqbAUrP7FiaNc36>
 - 2025 Chasestrong Prelim/Final Invite @ Center Grove High School
 - JAN 24th-26th
 - Registration Deadline: **January 12th** | 16 out of 50 (32%) Swimmers signed up.
 - Jake is submitting the meet file Monday morning.
 - 2025 THT Arctic Blast @ Vigo Schools Aquatic Center, Terre Haute IN
 - FEB 1st-2nd
 - Registration Deadline: **January 15th** | 24 out of 50 (48%) Swimmers signed up.
 - Riverside Aquatic Club Winter Invitational @ Georgetown IN
 - FEB 14th - 16th
 - Registration Deadline: **February 05th** | 3 out of 50 (6%) Swimmers signed up.
 - SCIS Conference Championships @ Newburgh IN
 - FEB 28th - MAR 2nd
 - **We would love to take as many swimmers as possible to this meet!**

Swimmer Spotlight

- Happy Birthday!
 - Dany Avdusenko - 1/17
- 2025 JAWS Medalfest
 - Thank you to everyone that was able to attend!

Positive Coaching Alliance

- Billie Jean King: It Matters What You Do Now And Tomorrow, Not Yesterday
- Billie Jean King a 2009 recipient of Presidential Medal of Freedom, our nation's highest civilian honor – is perhaps more responsible than any other individual for the gains in women's and girls' sports throughout the last 50 years. She has long been a pioneer for equality and social justice, founding the Women's Sports Foundation and the Women's Tennis Association, and defeating Bobby Riggs in the "Battle of the Sexes" tennis match. In this video, King shares a story of how her father taught her to not dwell on the past. Obsessed with a newspaper clipping that highlighted a loss, King's dad questioned why Billie was dwelling so heavily on that loss. His parenting advice to her in that moment was to stop thinking about the loss and start thinking about what she was doing now and in the future. This "next play" advice is something all parents can learn from, and is something that helped make Billie into who she was on and off the tennis court.
- <https://devzone.positivecoach.org/resource/video/billie-jean-king-it-matters-what-you-do-now-and-tomorrow-not-yesterday>

Contacts

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