

Weekly Rundown

10-14-2024

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	W 6:30-7:30 PM	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	R 6:30-8:30 PM		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	B 6:30-8:30 PM		

- Normal practice schedule this week.

Coaches Corner

- Upcoming Events

- 2024 THT Halloween Splash @ Vigo Schools Aquatic Center, Terre Haute IN
 - October 26th - October 27th
 - 27 out of 50 (54%) Swimmers signed up. Registration Closed
- 2024 GREAT Pumpkin Splash @ Evansville IN, DAC
 - NOV 2nd - 3rd
 - 14 out of 50 (28%) Swimmers signed up.
 - Registration Deadline: October 25th
- 2024 CGAC Jingle Bell Classic @ Center Grove High School Natatorium
 - NOV 22nd - 24th
 - Registration Deadline: November 1st
- Pick A Date Calendar Fundraiser: Turn in money and squares by October 31.
- Team Photo: November 4th (more information will be sent out)

Positive Coaching Alliance

- 10 Tips for Sports Parents From A National Team Athlete
- Parents are an integral part to a child's growth, success, and enjoyment of sports. From summer swim league to the US National Rowing Team, my parents have been instrumental in helping me set and achieve my goals. They also have been critically supportive during the failures and injuries. I am most grateful for the independence they have given me in my athletics journey and the support they give to my decisions. Taking ownership for my experiences and goals has enabled me to learn many valuable lessons through sport. Below are 10 Tips I want to share with you to help you and your kids really gain the most from sports. - Claire Collins
- <https://positivecoach.org/resource-zone/10-tips-for-sports-parents-from-a-national-team-athlete/>

Contacts

- Coach Jake Alexander (Head Coach) (Blue Group)
 - jake.alexander@rocketmail.com
 - 812-631-2302
- Coach Drew Hill (Assistant Coach) (Red/White Group)
 - andrew.r.hill3@gmail.com
 - 812-890-9431