

Weekly Rundown

10-21-2024

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	No Practice
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 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		

- Coach Melina will be on deck Monday, Wednesday, and Thursday starting this week!
- Meet week practice schedule this week.
- Note: No practice on Thursday, October 31st! Happy Halloween!

Coaches Corner

- Upcoming Events

- 2024 THT Halloween Splash @ Vigo Schools Aquatic Center, Terre Haute IN
 - October 26th - October 27th
 - 28 out of 50 (56%) Swimmers signed up. Registration Closed
- 2024 GREAT Pumpkin Splash @ Evansville IN, DAC
 - NOV 2nd - 3rd
 - 22 out of 50 (44%) Swimmers signed up.
 - Registration Deadline: October 25th
- 2024 CGAC Jingle Bell Classic @ Center Grove High School Natatorium
 - NOV 22nd - 24th
 - 4 out of 50 (8%) Swimmers signed up.
 - 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)

Swimmer Spotlight

- Happy Birthday!
 - Bridget Monyhan - 10/21
 - Verity Marley - 10/24
- Congratulations to Alayna Rodgers on placing 22nd at the SIJHSAA State cross country meet!

Positive Coaching Alliance

- How Important is Sleep for Young Athletes?
- Watch this 1-minute video on sleep in young athletes from Dr. Brooke Pengel, MD. In this video, Dr. Pengel shares advice on sleep, including how much sleep is needed for optimal health and peak performance. As she indicates, research shows that sleep increases speed, accuracy, and reaction time. Finally, Dr. Pengel advises all youth athletes to be intentional about their sleep habits.
- <https://devzone.positivecoach.org/resource/video/how-important-sleep-young-athletes>

Contacts

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