

Weekly Rundown

10-28-2024

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	No Practice	No Practice	No Practice
R 6:30-8:30 PM	B 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			

- Meet week practice schedule this week.
- Note: No practice on Thursday, October 31st! Happy Halloween!
- Halloween themed practice on Wednesday.

Coaches Corner

- Upcoming Events
 - 2024 GREAT Pumpkin Splash @ Evansville IN, DAC
 - NOV 2nd - 3rd
 - 37 out of 50 (74%) Swimmers signed up.
 - Registration: **Closed**
 - 2024 CGAC Jingle Bell Classic @ Center Grove High School Natatorium
 - NOV 22nd - 24th
 - 12 out of 50 (24%) Swimmers signed up.
 - Registration Deadline: **November 1st**
 - Candy Cane Classic @ Mt. Vernon, IN
 - DEC 6th - 8th
 - Not posted yet.
 - 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!
 - Ruby Morningstar Johnson - 10/29
- 2024 THT Halloween Splash
 - Maeven Feddes: State Cuts in the 50 & 100 Breast & 200 Free / 1st Place - 9-10 Girls High Point
 - Braelyn Burrows: State Cut in the 100 Fly / 2nd Place - 13-14 Girls High Point
 - Ruby Morningstar Johnson: Divisional Cut in the 50 Fly
 - Otto Tennes: Divisional Cut in the 50 Back
 - Augusta Hunt: 1st Place - 6 & Under Girls High Point
 - Bennett Padilla: 2nd Place - 13-14 Boys High Point
 - Yaretzi Pantall: 2nd Place - 15 & Over Girls High Point
 - Carter Stevenson: 2nd Place - 15 & Over Boys High Point

Positive Coaching Alliance

- 3 Questions Parents Can Ask For A Better Car-Ride Home Conversation
- Michael Connell is a former professional golfer who played on the PGA Tour (@PGATOUR). Connell attended Mississippi State University and now resides in Dallas, Texas. According to Connell, if a child has played poorly, the parent has the perfect opportunity to fill a kid's emotional tank, rather than continue to drain it during the car-ride home. Connell suggests that if you say anything related to the game at all, you might think about asking the following three questions:
 - 1) What did you learn today?
 - 2) What can we improve on next time?
 - 3) Did you have fun?
- <https://devzone.positivecoach.org/resource/video/3-questions-parents-can-ask-better-car-ride-home-conversation>

Contacts

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