

# Weekly Rundown

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10-7-2024

# Practice Schedule

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

- Normal practice schedule this week.

# Coaches Corner

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- Upcoming Events

- 2024 THT Halloween Splash @ Vigo Schools Aquatic Center, Terre Haute IN
  - October 26th - October 27th
  - 15 out of 50 (30%) Swimmers signed up.
  - Registration Deadline: October 11<sup>th</sup>
- WIN Pumpkin Plunge Developmental Invite, Boonville IN
  - October 26th
  - 3 Swimmers currently signed up. *A decision will be made early this week if we will have enough swimmers to attend this meet.*
  - Registration Deadline: October 20<sup>th</sup>
- 2024 GREAT Pumpkin Splash @ Evansville IN, DAC
  - NOV 2nd - 3rd
  - 8 out of 50 (16%) Swimmers signed up.
  - Registration Deadline: October 25<sup>th</sup>
- 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

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- Happy Birthday!
  - Archer Laughlin - 10/9
  - Aliza Shonk - 10/11
- Thank you to all of our swimmers and families that attended the meet this past weekend!

# Positive Coaching Alliance

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- Why Warming Up Is A Crucial Part Of Your Training
- To keep playing the sport you love, and playing it as well as possible, warming up properly is important. Too often, athletes want to jump right into maximum exertion, but getting the body ready to work well at that level takes time. A good warmup: 1. Engages the nervous system to a higher degree. 2. Improves flexibility and extension. 3. Generally grooves movement patterns so that during the heat of the moment the athlete is more effective.
- <https://www.stack.com/a/warm-up-fundamentals/>

# Contacts

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