

Weekly Rundown

11-11-2024

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.
- [Next Week] Thanksgiving Themed Practice: Wednesday 11/20/2024

Coaches Corner

- Upcoming Events

- 2024 CGAC Jingle Bell Classic @ Center Grove High School Natatorium
 - NOV 22nd - 24th
 - Registration Deadline: **November 18th** | 25 out of 50 (50%) Swimmers signed up.
- Candy Cane Classic @ Mt. Vernon, IN
 - DEC 6th - 8th
 - Registration Deadline: **November 29th** | 9 out of 50 (18%) Swimmers signed up.
- Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale IL
 - DEC 14th - 15th
 - Registration Deadline: **December 03rd** | 7 out of 50 (14%) Swimmers signed up.
- JAWS Medalfest @ Jasper High School Natatorium, Jasper IN
 - JAN 10th - 12th
 - Registration Deadline: **January 03rd** | 8 out of 50 (16%) Swimmers signed up.
- Circle City Classic Invitational @ IU Natatorium, Indianapolis IN
 - JAN 24th-26th (BB Motivational Times Required)
 - Registration Deadline: **December 18th** | 3 BB Qualified Swimmers signed up.
- Riverside Aquatic Club Winter Invitational, Georgetown IN
 - FEB 14th - 16th
 - Registration Deadline: **February 02nd** | 3 out of 50 (6%) Swimmers signed up.

Swimmer Spotlight

- Happy Birthday!
 - Blair Grove - 11/13
- Congratulations!
 - To our Olney High School girls who competed at the IHSA Sectionals this weekend!
 - Benni Stout, Blair Grove, Carly Houchin, Karlee Piercefield, Korynn Snider, and Kennedy Travis
 - New PR's for all swimmers & a podium visit for the 400 Freestyle Relay!

Positive Coaching Alliance

- Parents Should Be Teammates Of Each Other
- Stewart Brown is a former player for England's Queens Park Rangers F.C., current head girl's soccer coach for perennial Dallas-area powerhouse Highland Park High School and the Director of Coaching for the Highland Park Soccer Academy. He also earlier coached for Southern Methodist University, leading the team to four conference championships and four NCAA Tournament appearances in four years. "Coaches can't compete with the dining room table," Brown says in this video, meaning that what parents may say to athletes over meals at home can be a huge influence in how (or even if) their child fits into team culture. Any disparaging remarks about teammates, their parents or coaches can chip away at the athlete's ability to stay positive and to help shape an overall positive team culture.
- <https://devzone.positivecoach.org/resource/video/parents-should-be-teammates-each-other>

Contacts

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