

# Weekly Rundown

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11-18-2024

# 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   | No Practice<br>*Swim Meet* |
| 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>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 |               |                            |

- Meet Week practice schedule this week.
- [Next Week] Thanksgiving Themed Practice: Wednesday 11/27/2024

# Coaches Corner

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- Upcoming Events

- 2024 CGAC Jingle Bell Classic @ Center Grove High School Natatorium
  - NOV 22nd - 24th
  - 27 out of 50 (54%) Swimmers signed up.
- Candy Cane Classic @ Mt. Vernon, IN
  - DEC 6th - 8th
  - Registration Deadline: **November 29<sup>th</sup>** | 13 out of 50 (26%) Swimmers signed up.
- Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale IL
  - DEC 14th - 15th
  - Registration Deadline: **December 03<sup>rd</sup>** | 10 out of 50 (20%) Swimmers signed up.
- JAWS Medalfest @ Jasper High School Natatorium, Jasper IN
  - JAN 10th - 12th
  - Registration Deadline: **January 03<sup>rd</sup>** | 11 out of 50 (22%) Swimmers signed up.
- Circle City Classic Invitational @ IU Natatorium, Indianapolis IN
  - JAN 24th-26th (BB Motivational Times Required)
  - Registration Deadline: **December 18<sup>th</sup>** | 3 BB Qualified Swimmers signed up.
- Riverside Aquatic Club Winter Invitational, Georgetown IN
  - FEB 14th - 16th
  - Registration Deadline: **February 02<sup>nd</sup>** | 3 out of 50 (6%) Swimmers signed up.

# Positive Coaching Alliance

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- 4 Ways Parents Can Help Their Kids Enjoy Sports
- Summer Sanders (@SummerSanders\_), a PCA National Advisory Board Member, made a splash at Stanford University by winning six national titles in her two years. She then went on to win two gold medals, one silver, and one bronze at the 1992 Summer Olympics. In this video, Sanders explains the key role parents play in their children's enjoyment of sport. When Sanders was a kid, she enjoyed swimming because her parents provided a support structure for her based on these principles that any parent can use:
  - 1) Match the commitment level of your kids.
  - 2) Be genuinely happy for them.
  - 3) Provide balance in their lives.
  - 4) Understand their goals.
- <https://devzone.positivecoach.org/resource/video/summer-sanders-4-ways-parents-can-help-their-kids-enjoy-sports>

# 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/Dryland)
  - [andrew.r.hill3@gmail.com](mailto:andrew.r.hill3@gmail.com)
  - 812-890-9431
- Coach Melina Loudermilk (Assistant Coach) (White Group)
  - [loudermilkmelina@gmail.com](mailto:loudermilkmelina@gmail.com)
  - 812-881-6829