

Weekly Rundown

11-25-2024

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	TBD
R 6:30-8:30 PM	B 6:30-8:30 PM	R 6:30-8:30 PM	Happy Thanksgiving!		
B 6:30-8:30 PM	DRYLAND R&B 6:30-7:15 PM	B 6:30-8:30 PM			

- Holiday Practice Schedule: No practice on Thursday.
- Saturday practice is TBD. Coaches will be out of town. Workouts will be sent out to Blue & Red Group swimmers who are still interested in pool time.
- Thanksgiving Themed Practice: Wednesday 11/27/2024

Coaches Corner

- Upcoming Events

- Candy Cane Classic @ Mt. Vernon, IN
 - DEC 6th - 8th
 - Registration Deadline: **November 29th** | 21 out of 50 (42%) Swimmers signed up.
- Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale IL
 - DEC 14th - 15th
 - Registration Deadline: **December 03rd** | 12 out of 50 (24%) Swimmers signed up.
- JAWS Medalfest @ Jasper High School Natatorium, Jasper IN
 - JAN 10th - 12th
 - Registration Deadline: **January 03rd** | 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 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!
 - August Wilkinson - 11/24
- 2024 IN CGAC Jingle Bell Classic
 - Look out for posts on Facebook this week!

Positive Coaching Alliance

- Mentally Preparing For Competition: Pre-Game Routines
- Dan Gould, a PCA National Advisory Board Member and Director of Michigan State's Institute for the Study of Youth Sports, is renowned for his work in sport psychology and mental training for athletic competition. In this video, Gould shares why consistency is the most crucial part of a pre-game routine. Because each athlete is unique, they may all use different techniques, but research shows the positive effects of consistency within a given athlete's pre-competition mental preparation. After athletes have truly mastered how to train and are learning to perform, they should come up with a pre-game preparation routine and stick with that routine. When athletes deviate from their routine, they typically perform worse.
- <https://devzone.positivecoach.org/resource/video/mentally-preparing-competition-pre-game-routines>

Contacts

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