

Weekly Rundown

11-4-2024

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.
- Calendar Fundraiser draw & Team Photos on Monday!

Coaches Corner

- Upcoming Events
 - 2024 CGAC Jingle Bell Classic @ Center Grove High School Natatorium
 - NOV 22nd - 24th
 - 24 out of 50 (48%) Swimmers signed up.
 - Registration Deadline: November 18th
 - Candy Cane Classic @ Mt. Vernon, IN
 - DEC 6th - 8th
 - Not posted yet.
 - Circle City Classic Invitational @ IU Natatorium, Indianapolis IN
 - JAN 24th-26th (BB Motivational Times)
 - Registration Deadline: December 18th

Swimmer Spotlight

- Happy Birthday!
 - Raylee Henton - 11/6
 - Stella Rodgers - 11/6
- 2024 GEVV Pumpkin Splash
 - Look out for posts on Facebook this week!

Positive Coaching Alliance

- Grit And Resiliency Learned In Sports Lasts For Life
- Trent Redden is the current assistant General Manager of the Los Angeles Clippers. Prior to the Clippers, Redden was a longtime executive for the Cleveland Cavaliers, where he managed the NBA draft prospects and player personnel.
- If coaches can help athletes build grit and resilience, Redden, shares, those athletes are set for life. As Redden shares, people have setbacks in both life and basketball, so what better place to learn those lessons than sports. Dealing with setbacks in sports not only improves athletic performance overtime, but coaches should pay particular importance to helping athletes deal with setbacks because that is a skill that is important for them in life, too.
- <https://devzone.positivecoach.org/resource/video/grit-and-resiliency-learned-sports-lasts-life>

Contacts

- Coach Jake Alexander (Head Coach) (Blue Group)
 - jake.alexander@rocketmail.com
 - 812-631-2302
- Coach Drew Hill (Assistant Coach) (Red/White Group/Dryland)
 - andrew.r.hill3@gmail.com
 - 812-890-9431
- Coach Melina Loudermilk (Assistant Coach) (White Group)
 - loudermilkmelina@gmail.com
 - 812-881-6829