

Weekly Rundown

12-09-2024

Practice Schedule

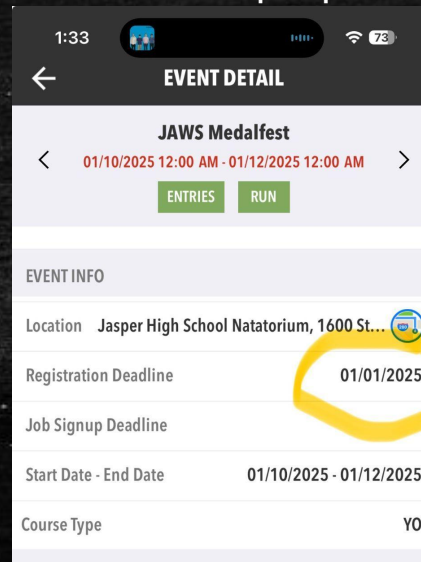
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
W 6:30-7:30 PM	R 6:30-8:30 PM	W 6:30-7:30 PM	W 6:30-7:30 PM	No Practice	No Practice
R 6:30-8:30 PM	B 6:30-8:30 PM	R 6:30-8:30 PM	R 6:30-8:30 PM		
B 6:30-8:30 PM	DRYLAND R&B 6:30-7:15 PM	B 6:30-8:30 PM	B 6:30-8:30 PM		

- Meet Week Practice Schedule: No practice on Saturday.
- DEC/JAN no practice dates: DEC 24,25,31st & JAN 1st

Coaches Corner

- Upcoming Events Note

- Coach Jake has gone back through the upcoming events and has ensured that the registration date is accurate.
- The registration dates posted in the Weekly Rundown reflect the Registration Deadline on OnDeck and the WVST website.
 - Note: the dates found in the weekly rundown/app/website might differ from the official deadline in the actual meet letter. This adjustment is intentional, as it will allow the coaches to better prepare relays, make adjustments, and reduce the amount of late entries.



- Registration Deadline: **December 03** | 19 out of 50 (38%) Swimmers signed up.
- JAWS Medalfest @ Jasper High School Natatorium, Jasper IN
 - JAN 10th - 12th
 - Registration Deadline: **January 01st** | 12 out of 50 (24%) Swimmers signed up.

Coaches Corner

- Upcoming Events

- Saluki Merry Swim Invitational @ Shea Natatorium, Carbondale IL
 - DEC 14th - 15th
 - 28 out of 50 (56%) Swimmers signed up.
- 100 x 100 / 100 x 50 Challenge
 - DEC 28th, 9:00-12:00 AM EST, Vincennes YMCA
 - Red and Blue Group
- JAWS Medalfest @ Jasper High School Natatorium, Jasper IN
 - JAN 10th - 12th
 - Registration Deadline: **January 01st** | 15 out of 50 (30%) Swimmers signed up.
- Circle City Classic Invitational @ IU Natatorium, Indianapolis IN
 - JAN 24th-26th (BB Motivational Times Required)
 - Registration Deadline: **December 16th** | 3 BB Qualified Swimmers signed up.
- Riverside Aquatic Club Winter Invitational, Georgetown IN
 - FEB 14th - 16th
 - Registration Deadline: **February 05th** | 3 out of 50 (6%) Swimmers signed up.

Swimmer Spotlight

- Happy Birthday!
 - Alayna Rodgers - 12/09
- 2024 MTV Candy Cane Classic
 - Thank you to everyone that was able to attend!
 - Look out for posts on Facebook this week!

Positive Coaching Alliance

- Inspiration Of The Day: Either Find A Way To Succeed Or Make One
- Suzie Hoyt, a 2017 Double-Goal Coach® Award Winner, is a swim coach at Glastonbury High School (@GburyAthletics) in Glastonbury, CT. In this video, Hoyt has a Latin saying on her door that has personal meaning to her. It is translated to mean "I will find a way or make one." It has inspired her swimmers to never give up and to know that there is always another option. Some of her student athletes took this motto with them to college and throughout their lives to remind themselves to always work harder.
- <https://devzone.positivecoach.org/resource/video/inspiration-day-either-find-way-succeed-or-make-one>

Contacts

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