

Weekly Rundown

12-16-2024

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.
- DEC/JAN no practice dates: DEC 24,25,31st & JAN 1st

Coaches Corner

- Upcoming Events

- 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** | 21 out of 50 (42%) Swimmers signed up.
- WVST Volunteer Day @ Giving Hope Olney Food Pantry
 - JAN 18th | Time TBD | 600 Camp Ave, Olney IL
 - Event is outside. Dress accordingly
- Circle City Classic Invitational @ IU Natatorium, Indianapolis IN
 - JAN 24th-26th (BB Motivational Times Required)
 - Registration Deadline: **December 16th** | 6 BB Qualified Swimmers signed up (**9 Swimmers are required to send the team to the meet**)
- GREAT Snowflake Derby @ DAC, Evansville IN
 - JAN 25th-26th
 - Sign up has not been posted.
- Riverside Aquatic Club Winter Invitational, Georgetown IN
 - FEB 14th - 16th
 - Registration Deadline: **February 05th** | 4 out of 50 (8%) Swimmers signed up.

100 x 100 / 100 x 50 CHALLENGE

- The annual 100 x 100 / 100 x 50 Challenge will take place on Saturday December 28th at the Vincennes YMCA from 9:00-12:00 AM EST for Blue and Red Group swimmers.
 - Blue group swimmers will have 3 hours to complete 100 x 100's.
 - Red group swimmers will have 3 hours to complete 100 x 50's, or they can elect to attempt the 100 x 100's.
 - Swimmers that complete the 100 x 100's / 100 x 50's in 3 hours or less will earn a special event T shirt.

Please let us know what size shirt your swimmer(s) needs:

<https://forms.gle/KXyyCjPiC4KWinzSg>

Swimmer Spotlight

- Happy Birthday!
 - No birthdays this week.
- 2024 Saluki Merry Swim Invite
 - Thank you to everyone that was able to attend!
 - Look out for posts on Facebook this week!

Positive Coaching Alliance

- Parent Tip: Praise Effort, Not Performance To Motivate Kids
- Kelly Kratz (@kellymkratz) is a Positive Coaching Alliance Lead Trainer, administering workshops for coaches, parents, athletes, and leaders since 2009. She brings a wealth of experience to PCA as a former Division-1 field hockey and lacrosse player at St. Joseph's University, former college and high school basketball coach, and high school lacrosse coach. Kelly also has a Master's degree in Guidance & Counseling and is a proud sports parent of four daughters. In this video clip, Kratz talks about the difference between empty, performance based praise and specific, effort based praise. She advises that parents build confidence in their children in sports like t-ball, swimming, or soccer by praising effort, not performance. If parents only praise performance even when a kid hasn't earned it, the kids may be quicker to give up when they don't perform well. Praising effort is more motivational for kids throughout their life and sports career.
- <https://devzone.positivecoach.org/resource/video/parent-tip-praise-effort-not-performance-motivate-kids>

Contacts

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