

Weekly Rundown

9-16-2024

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		B 6:30-8:30 PM	B 6:30-8:30 PM		

- Normal practice schedule this week.

Coaches Corner

- Upcoming Events

- Monday, September 16th: 1) Team forms are due for turn in. 2) Deadline to declare and submit payment in full for a 10% discount.
- Monday-Wednesday, September 16-18: Team suit FitKits will be available before and after practice.
- Wednesday, September 18th: Team Cap orders are due <https://forms.gle/pqhQThU53B9CposZ9>
- 2024 Fin-Tastic Invitational @ Deaconess Aquatic Center, Evansville IN
 - October 5th – October 6th
 - Registration Deadline: **September 27th**

- Make sure your swimmer has all the gear they need. If not, visit the team store! [Wabash Valley Swim Team \(WVST\) Team Store \(swimoutlet.com\)](https://www.swimoutlet.com/)

Swimmer Spotlight

- Happy Birthday!
 - Amity Zuber - 9/17
 - Braelyn Burrows - 9/21

Positive Coaching Alliance

- Positive Life Lessons
- PCA National Advisory Board Member, Sanya Richards-Ross (@SanyaRichiRoss), is a world champion and olympic gold medalist in track & field. She was an imperative leader on the four-time World Championship and three-time Olympic gold medal 4x400m relay team. Richards-Ross talks about the impact sports had on her life. She states, "I felt like sports were my greatest life teacher." From understanding what delayed gratification truly meant to what being gracious in victory and humble in defeat felt like, she attests sports to every life lesson she has learned along her journey through her business entities to motherhood and beyond.
- [Sanya Richards-Ross: Sports Were My Greatest Life Teacher | DEVELOPMENT ZONE®. PCA Resource Center \(positivecoach.org\)](#)

Contacts

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