

Weekly Rundown

9-23-2024

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.
- Red and Blue Group Dryland on Tuesday 6:30-7:15 PM

Coaches Corner

- Upcoming Events
 - 2024 Fin-Tastic Invitational @ Deaconess Aquatic Center, Evansville IN
 - October 5th – October 6th
 - Registration Deadline: **This Friday, September 27th**
 - 2024 THT Halloween Splash @ Vigo Schools Aquatic Center, Terre Haute IN
 - October 26th - October 27th
 - Registration Deadline: **October 11th**
- FitKits are FINALLY here! If you aren't sure what size team suit your child needs, we have suits in all sizes to try on. The FitKit will be available this week before and after practice on Tuesday and Wednesday. They are also available in Olney from Jennifer after school until 4:00 p.m. Monday - Thursday. Text Jennifer at 618-843-5278 to arrange to try-on in Olney.
- Our practice caps have been delivered and we have begun passing them out. If your swimmer is still in need of a practice cap, have them or yourself talk with a coach before or after practice. The FIRST practice cap is free!

Competition Cap Orders

Name Printed on Cap	Style	Number of Caps
Padilla	Classic	2
Pitts	Classic	1
Lanning	Classic	2
Alexander	Long Hair	2
Verity	Classic	1
Wilkinson	Classic	2
Stout	Classic	2
Travis	Classic	1
McDowell	Classic	4
Shonk	Classic	1
Piercefield	Long Hair	2
Nosek	Long Hair	1
Grove	Classic	1
Powell	Classic	2
Nelms	Classic	2
Smith	Long Hair	1
Hunt	Classic	2
W Miller	Classic	2
R Miller	Long Hair	2
Pepmeier	Classic	3
Snider	Classic	1

Tennes	Classic	1
Dent	Long Hair	1
Coffey	Classic	4
Tima Avdusenko	Classic	1
Dany Avdusenko	Classic	1
Feddes	Classic	4
Laughlin	Classic	4
White	Classic	2
Henton	Classic	4
Morningstar Johnson	Classic	4
Bridget	Long Hair	2
Houchin	Classic	2
Rodgers	Classic	2
Zuber	Long Hair	2
Zuber	Classic	2

Please contact Jennifer if you need to change your order or forgot to submit the form. The order will be sent in 9/23 at 4 p.m., and accounts will be charged 10/1.

Swimmer Spotlight

- Happy Birthday!
 - Jules Smith - 9/29

Positive Coaching Alliance

- Confidence From Coaches, Parents And Teammates
- Tony DiCicco coached the U.S. Women's National Soccer Team to its momentous victory in the 1999 World Cup. In this video, DiCicco emphasizes the importance of players gaining confidence and mental toughness. While it is up to individuals to obtain and maintain those traits for themselves, it is possible for coaches, parents and teammates to help.
- <https://devzone.positivecoach.org/resource/video/tony-dicicco-confidence-coaches-parents-and-teammates>

Contacts

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