

Weekly Rundown

9-30-2024

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		

- 2024 GREAT FIN-TASTIC Invitational is this weekend!!
- No Saturday Practice This Week.

Coaches Corner

- Upcoming Events
 - 2024 Fin-Tastic Invitational @ Deaconess Aquatic Center, Evansville IN
 - October 5th – October 6th
 - 26 out of 50 (52%) Swimmers signed up.
 - Registration Deadline: **Closed**
 - 2024 THT Halloween Splash @ Vigo Schools Aquatic Center, Terre Haute IN
 - October 26th - October 27th
 - 10 out of 50 (20%) Swimmers signed up.
 - Registration Deadline: **October 11th**
 - WIN Pumpkin Plunge Developmental Invite, Boonville IN
 - October 26th
 - 3 Swimmers currently signed up.
 - Registration Deadline: **October 20th**
- Get your WVST apparel orders in! Deadline is Wednesday, October 2nd.
 - [WVST Swimming 2024 | Top Cat Printing | powered by OrderMyGear \(itemorder.com\)](#)

Swimmer Spotlight

- Happy Birthday!
 - Carter Stevenson- 10/2
 - Mackenley Coffey - 10/6

Positive Coaching Alliance

- 12 Tips for Talking to Your Teen Athlete About Their Mental Health
- This resource by Katie Hurley, DSW, LCSW, Senior Clinical Advisor of External Affairs for The Jed Foundation (with input from Positive Coaching Alliance) provides parents and caregivers 12 tips for talking to their teen athletes about their mental health. As the caregiver of a teen athlete, your support can help them understand their feelings and feel valued and cared for. You can provide a safe space to work through all the inevitable emotions of life and competition. Of course, they may not immediately take advantage of it. Any parent of a teen knows that, “fine” is often the go-to answer when we ask how practice went or how they are feeling. That may leave you feeling frustrated and confused. How can you help your teen athlete if they won’t talk?
- <https://devzone.positivecoach.org/resource/article/12-tips-talking-your-teen-athlete-about-their-mental-health>

Contacts

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