

Weekly Rundown

1-1-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
No Practice	HP/SR 2:45-4:30 pm	JR 4:45-7:00	HP/SR 5:15-6:30 am	JR 5:15-7:00	Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45
Happy New Year!	JR 5:15-7:00	G/S/B 5:30-7:00	JR 5:15-7:00	JAWS Meet	JAWS Meet
	G 5:30-7:00	Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G/S/B 5:30-7:00		

*All practices are held at the Deaconess Aquatic Center, unless stated otherwise.

No practice on Monday. We are back to our normal practice schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (January 5-7)
 - ▶ **Updated meet info will be sent out this week.**
- ▶ GEVV Closed Invite (January 27-28)
 - ▶ **Registration Deadline: Friday, 1/26**
- ▶ FRST Provincial Championships (February 9-11)
 - ▶ **Registration Deadline: Friday, 1/12**

- ▶ We had a great two weeks of Beast Mode Training! We now get back to our regular schedule, and we have a few meets upcoming before we turn our attention to championship meet season!
- ▶ Pre-Team Session 2 starts this week. We are excited to get back to work with our Pre-Team swimmers!

Swimmer Spotlight

▶ Happy Birthday!

▶ Emma Orth- 1/2

Positive Coaching Alliance

- ▶ 4 Ways Parents Can Help Their Kids Enjoy Sports
- ▶ Summer Sanders, a PCA National Advisory Board Member, made a splash at Stanford University by winning six national titles in her two years. She then went on to win two gold medals, one silver, and one bronze at the 1992 Summer Olympics. Since retiring from the sport, Sanders has served as hosted sports and entertainment shows on TV and is heavily involved in Right to Play, promoting the use of sport and play as a tool for positive childhood development. In this video, Sanders explains the key role parents play in their children's enjoyment of sport. When Sanders was a kid, she enjoyed swimming because her parents provided a support structure for her based on these principles that any parent can use.
- ▶ <https://devzone.positivecoach.org/resource/video/summer-sanders-4-ways-parents-can-help-their-kids-enjoy-sports>

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