



Weekly Rundown

1-12-2026

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1/SR2 5:15-7:30 pm	HP/SR1/SR2 5:15-7:30 pm	HP/SR1 5:15-6:30 am 5:15-7:30 pm	HP/SR1/SR2 5:15-6:30 am	HP/SR1 5:15-7:00 pm	HP/SR1 7:00-9:15 am
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 4:45-7:00 pm	JR1/2 5:15-6:30 am	JR1/2/3/4 5:15-7:00 pm	JR1/2/3/4 7:00-9:15 am
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am
BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm		BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm			BG: 9:30-10:30 am PT1: 9:45-10:30 am PT2: 9:00-9:45 am

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

Normal schedule through Wednesday this week. The DAC is hosting the PAC conference meet on Thursday, therefore JR/SR practice has been moved to the morning, and other groups have been moved to Friday.

Coaches Corner

- ▶ Upcoming Events
 - ▶ CGAC Chasestrong Invitational (Jan 23-25)
 - ▶ **Registration Deadline: Wednesday, 1/7**
 - ▶ GEVV Snowflake Derby (Jan 31-Feb 1)
 - ▶ **Registration Deadline: Monday, 1/26**
- ▶ We had a great meet this weekend in Jasper! The swimmers commitment and hard work throughout the last month and Beast Mode is paying off! Be on the lookout for the full meet recap to see how everyone did.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Ben Freeman- 1/11**
 - ▶ **Isaac Bell- 1/15**
- ▶ Great job to the following swimmers who recently changed groups!
 - ▶ **Harper Reidford- Bronze**
 - ▶ **Rowan Truitt- Bronze**
 - ▶ **Henry Mathias- Bronze**

Positive Coaching Alliance

- ▶ Tina Syer: Supportive Parenting without Over-Coaching
- ▶ Tina Syer (@tinaPCA) is the Chief Impact Officer at Positive Coaching Alliance. Syer played Division I field hockey at Stanford University, where she graduated with honors and was named an Academic All-America. Her coaching experience includes seasons at the high school, college and Olympic Development levels.
- ▶ <https://www.youtube.com/watch?v=e4oMPt7f4lY>

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