



# Weekly Rundown

1-13-2025

# Practice Schedule

| <u>Monday</u>                                | <u>Tuesday</u>          | <u>Wednesday</u>                             | <u>Thursday</u>         | <u>Friday</u>           | <u>Saturday</u>                               |
|----------------------------------------------|-------------------------|----------------------------------------------|-------------------------|-------------------------|-----------------------------------------------|
| HP/SR<br>5:15-7:30 pm                        | HP/SR<br>5:15-7:30 pm   | HP/SR<br>5:15-6:30 am<br>5:15-7:30 pm        | HP/SR<br>5:15-7:30 pm   | HP/SR<br>5:15-7:00 pm   | HP/SR<br>7:00-9:15 am                         |
| JR1/2/3<br>4:45-7:00 pm                      | JR1/2/3<br>5:15-7:00 pm | JR1/2/3<br>4:45-7:00 pm                      | JR1/2/3<br>5:15-7:00 pm | JR1/2/3<br>4:45-7:00 pm | JR1/2/3<br>7:00-9:15 am                       |
| G/S/B<br>5:30-7:00 pm                        | G<br>5:30-7:00 pm       | G/S/B<br>5:30-7:00 pm                        | G/S/B<br>5:30-7:00 pm   |                         | G/S/B<br>9:00-10:30 am                        |
| PT<br>1-3: 5:30-6:15 pm<br>4-8: 6:15-7:00 pm |                         | PT<br>1-3: 5:30-6:15 pm<br>4-8: 6:15-7:00 pm |                         |                         | PT<br>1-3: 9:45-10:30 am<br>4-8: 9:00-9:45 am |

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

Normal schedule this week.

# Coaches Corner

## ▶ Upcoming Events

- ▶ GEVV Snowflake Derby (Feb 1-2)
  - ▶ **Registration Deadline: Friday, January 24<sup>th</sup>**
- ▶ FRST 14u Provincial Championships (Feb 14-16)
  - ▶ **Registration Deadline: Friday, January 17<sup>th</sup>**

- ▶ We had a great meet up at Jasper this weekend! Be on the lookout for the Meet Recap to see how everyone did!
- ▶ We are hoping to return to a normal week this week. Thank you for everyone's patience and understanding as we navigated all the changes this past week!

# Swimmer Spotlight

▶ Happy Birthday!

▶ **Isaac Bell- 1/15**

▶ Great job to the following swimmers who recently changed groups!

▶ **Silver- Baker Hermann**

# Positive Coaching Alliance

- ▶ Let Your Child Control Conversations
- ▶ Former Stanford University Gymnast Shelly Goldberg explains a frequent interpersonal dynamic between youth athletes and their parents: the sports parent wants to know everything right away after a practice or competition, but the child just wants to decompress. The best conversations she had, those in which she opened up most to her parents, were those where her parents let her control the conversation. Once engaged in those types of conversations, Goldberg was most open to learning about determination, overcoming adversity and other life lessons and character traits that would help her succeed in the gym and beyond.
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parenting-advice-let-your-child-control-conversations>

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Kleen Aid

