

Weekly Rundown

1-15-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
JR 4:45-7:00	HP/SR 5:15-6:30 am	JR 4:45-7:00	HP/SR 5:15-6:30 am	JR 4:45-7:00	JR 7:00-9:00 am
G/S/B 5:30-7:00	JR 5:15-7:00	G/S/B 5:30-7:00	JR 6:15-8:00 @UE	G/S/B 5:30-7:00	G 7:30-9:00 am
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G/S/B 5:30-7:00	Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00			Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45 @Downtown YMCA

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

A few changes this week with the SIAC Prelims and Finals on Thursday and Saturday. Normal schedule on Monday and Wednesday, with changes on Tuesday, Thursday, Friday and Saturday. Please note that JR practice on Thursday and Pre-Team practice on Saturday are at different locations.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Closed Invite (January 27-28)
 - ▶ **Registration Deadline: Friday, 1/26**
- ▶ FRST Provincial Championships (February 9-11)
 - ▶ **Registration Deadline: Friday, 1/12**
- ▶ SISC Conference Championships (February 23-25)
 - ▶ **Registration Deadline: Friday, 2/9**

- ▶ We appreciate everyone's understanding with our schedule changes over the next several weeks. If you have any questions or concerns with any of the changes just let us know.
- ▶ Our Conference Championship meet is approaching at the end of February. We strongly encourage participation at this meet for all of our swimmers for two reasons: 1) this is the last non-qualifier meet of the season, and 2) we won the conference meet last year and our goal is to repeat that again this season!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Chloe Ambrose- 1/21**
 - ▶ **Lucas Dempsey- 1/21**
 - ▶ **Mae Emerson- 1/21**
- ▶ Congratulations to the following swimmers who have changed groups!
 - ▶ **Junior: Layla Kassenbrock (Junior 1), Aubrie Persinger (Junior 2)**
 - ▶ **Gold: Eden Bowman, Eleanor Freitag, Elin Wiener, John Wynn**
 - ▶ **Silver: Emmett Bowman**

Positive Coaching Alliance

▶ Joe Ehrmann On Sports Parenting

- ▶ Joe Ehrmann, a PCA National Advisory Board Member and winner of PCA's Ronald L. Jensen Award for Lifetime Achievement, is a former NFL Pro Bowl defensive lineman, founder of Coach For America and author of InSide Out Coaching. Joe Ehrmann believes in the power of youth sports to positively shape young people, and in this video he discusses how that affected his parenting decisions. He wanted his children to feel empowered, and he knew that sports could provide a platform to help them grow into productive, contributing adults. That is why he encouraged his kids to play sports. As a sports parent, you may make sacrifices to let your children play sports. But this sacrifice is worth it because you are helping your kids learn powerful life lessons and develop interpersonal skills that are invaluable to their future successes. Ehrmann believes that this outlet is a positive way for parents to help children grow.

- ▶ <https://devzone.positivecoach.org/resource/video/joe-ehrmann-sports-parenting>

Thank You to our Sponsors!

