

Weekly Rundown

1-19-2026

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	No Practice CGAC Meet
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	JR/1/2/3/4 5:15-7:00 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	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	
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		CGAC Meet	

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

Normal schedule through Wednesday this week. The DAC is hosting the SIAC 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)

- ▶ **Meet Packet will be sent out this week.**

- ▶ GEVV Snowflake Derby (Jan 31-Feb 1)

- ▶ **Registration Deadline: Monday, 1/26**

- ▶ We appreciate everyone's flexibility as we navigate the many schedule changes that come with this time of year. We have several changes coming in February that we will communicate to families later this week so that everyone has plenty of time to plan accordingly.

Swimmer Spotlight

▶ Happy Birthday!

▶ **Arden Miller- 1/21**

Positive Coaching Alliance

- ▶ Rick Davis On Appropriate Sideline Behavior For Parents
- ▶ Rick Davis, former professional soccer player, discusses how parents should behave on the sideline. Visit positivecoach.org for more information.
- ▶ https://www.youtube.com/watch?v=YrC645Q_G50

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