



Weekly Rundown

1-20-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 5:15-7:30 pm	HP/SR 5:15-7:30 pm	HP/SR 5:15-6:30 am 5:15-7:30 pm	HP/SR 5:15-7:30 pm	HP/SR 5:15-7:00 pm	HP/SR 7:00-9:15 am
JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:45-7:00 pm	JR1/2/3 7:00-9:15 am
G/S/B 5:30-7:00 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		G/S/B 9:00-10:30 am
PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm		PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm			PT 1-3: 9:45-10:30 am 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 24th**
- ▶ FRST 14u Provincial Championships (Feb 14-16)
 - ▶ **Registration Deadline: Friday, January 17th**

- ▶ Please check your email for an update regarding the facility and pool temps.
- ▶ We will have volunteer sign-ups for Sunday of Snowflake Derby up this week.

Swimmer Spotlight

▶ Happy Birthday!

- ▶ **Caroline Ivie- 1/21**
- ▶ **Arden Miller- 1/21**
- ▶ **Braxton Clark- 1/22**

Positive Coaching Alliance

- ▶ Tips For Sportsmanship And Honoring The Game
- ▶ Parents should feel like they play an integral role in helping their youth sport organization uphold a standard of positivity and respect. At Positive Coaching Alliance, we call this behavior Honoring the Game. Coaches, parents, administrators and athletes all have a part in ensuring a level of respect and sportsmanship is upheld. Kids learn from watching others behave, and parents can influence how their children Honor the Game by making sure to do so themselves before, during and after the game. See this PDF for more game day tips on how parents can Honor the Game.
- ▶ <https://devzone.positivecoach.org/resource/article/tips-sportsmanship-and-honoring-game>

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Kleen Aid

