



Weekly Rundown

1-22-2024

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	No Practice Closed Invite @DAC
G/S/B 5:30-7:00	JR 5:15-7:00	G/S/B 5:30-7:00	JR 5:15-7:00		
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G 5:30-7:00	Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G/S/B 5:30-7:00		

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

Normal schedule Monday-Friday this week. We have our closed invite on Saturday and Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Closed Invite (January 27-28)
 - ▶ **Updated info will be sent out later this week.**
- ▶ FRST Provincial Championships (February 9-11)
 - ▶ **Registration Deadline has passed. Modifications can be made through the end of the month.**
- ▶ SISC Conference Championships (February 23-25)
 - ▶ **Registration Deadline: Friday, 2/9**

- ▶ We still have a few spots available for volunteering this weekend. As we draw closer to the end of the season, this will be one of the last opportunities, aside from Divisionals, to fulfill volunteer requirements.
- ▶ 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!
 - ▶ Braxton Clark- 1/22
 - ▶ Daniel Wittmer- 1/25
 - ▶ Kyle Murry- 1/28

Positive Coaching Alliance

- ▶ Praise Effort, Not Performance To Motivate Kids
- ▶ Kelly Kratz is a Positive Coaching Alliance Lead Trainer, administering workshops for coaches, parents, athletes, and leaders since 2009. She brings a wealth of experience to PCA as a former Division-1 field hockey and lacrosse player at St. Joseph's University, former college and high school basketball coach, and high school lacrosse coach. Kelly also has a Master's degree in Guidance & Counseling and is a proud sports parent of four daughters. In this video clip, Kratz talks about the difference between empty, performance based praise and specific, effort based praise. She advises that parents build confidence in their children in sports like t-ball, swimming, or soccer by praising effort, not performance. If parents only praise performance even when a kid hasn't earned it, the kids may be quicker to give up when they don't perform well. Praising effort is more motivational for kids throughout their life and sports career.
- ▶ <https://devzone.positivecoach.org/resource/video/parent-tip-praise-effort-not-performance-motivate-kids>

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