

# Weekly Rundown

1-26-2026

# Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
No Practice	TBD	TBD	TBD	TBD	GEVV Meet

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

No practice tomorrow. We are working on getting practices scheduled for the remaining days provided they do not have school and will communicate more info once we have it. Whenever they go back to school, we will go back to a normal schedule. Our meet this weekend is still on as scheduled.

# Coaches Corner

## ▶ Upcoming Events

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

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

- ▶ Although it was a bummer to have multiple sessions cancelled this weekend we had some great swims across the board from our swimmers who participated! Be on the lookout for the full meet recap.
- ▶ We will communicate practice changes as soon as we know them this week. Once they return to school, we will return to a normal schedule.
- ▶ Our meet this weekend is still on as scheduled. Volunteer sign ups are posted. Make sure to get signed up if you are still working towards your required hours!

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ **Risha Seals- 1/27**
  - ▶ **Isaac Dodson- 1/30**
  - ▶ **CC Coffey- 1/31**
- ▶ Great job to the following swimmers who recently changed groups!
  - ▶ **Flynn Nurrenburn- Bronze**
  - ▶ **Everett Coulter- Silver**

# Positive Coaching Alliance

## ► Kristine Lilly Sports Parent Advice

- Kristine Lilly (@KristineLilly) is a PCA National Advisory Board Member and former U.S. National Women's Soccer Team Captain, who retired from international play with a record 352 caps. Kristine was a four-time NCAA Champion at the University of North Carolina and went on to play in five World Cups, helping the U.S. to championships in 1991 and 1999. She is currently an Assistant Coach for the University of Texas. In this clip, Kristine recalls the aftermath of her team's loss in the gold medal match of the 2000 Olympics. She felt she'd let her parents down, and as she accepted her silver medal avoided looking at her family in the stands. Now she realizes that should have been the first place she looked, as her parents later let her know of their pride in her, regardless of the match result. Now that Kristine is a parent, she is careful not to bring a player or coach mentality to her sports parenting. The most important thing, she says, is to focus on your child's development.

- <https://www.youtube.com/watch?v=NWTwEGh1VgM>

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