



Weekly Rundown

1-29-2024

Practice Schedule

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

No practice for the 11-14 or 10u groups on Monday. There are some changes to the schedule the rest of the week due to Girls Sectionals at the DAC this week.

Coaches Corner

► Upcoming Events

- 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**

- Thank you to everyone who helped out at the meet this past weekend! It's always great to see our team and families put on a successful event. Be on the lookout for the meet recap, we had a lot of great swims and accomplishments! We hope everyone enjoys a much deserved day off tomorrow!
- 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!

- ▶ **Jake Rosenbarger- 1/30**
- ▶ **Sophia Srakovic- 2/2**
- ▶ **Sarah Kitch- 2/3**

- ▶ Congratulations to the following swimmers who have changed groups!

- ▶ **Reece Connors- Junior 2**

Positive Coaching Alliance

- ▶ Let Your Child Control Conversations
- ▶ Former Stanford University Gymnast Shelly Goldberg explains a frequent interpersonal dynamic between youth athletes and their parents: the sports parent wants to know everything right away after a practice or competition, but the child just wants to decompress. The best conversations she had, those in which she opened up most to her parents, were those where her parents let her control the conversation. Once engaged in those types of conversations, Goldberg was most open to learning about determination, overcoming adversity and other life lessons and character traits that would help her succeed in the gym and beyond.
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parenting-advice-let-your-child-control-conversations>

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