



Weekly Rundown

1-5-2026

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 5:15-7:30 pm	HP/SR1 5:15-7:00 pm	
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	JR1/2/3/4 5:15-7:00 pm	JR1/2 5:15-7:00 pm	JAWS Medalfest
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	JAWS Medalfest	
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			

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

Back to our normal practice schedule this week. Pre-Team Session 2 starts back up on Monday.

Coaches Corner

- ▶ Upcoming Events
 - ▶ JAWS Medalfest (Jan 9-11)
 - ▶ **Meet Packet will be sent out this week.**
 - ▶ CGAC Chasestrong Invitational (Jan 23-25)
 - ▶ **Registration Deadline: Wednesday, 1/7**
 - ▶ GEVV Snowflake Derby (Jan 31-Feb 1)
 - ▶ **Registration Deadline: Monday, 1/26**
- ▶ We had a great Beast Mode training over the last two weeks. We are finalizing the list of swimmers who attended all practices and will share that once we have it.

Swimmer Spotlight

► Happy Birthday!

- **Emeri Loehr- 1/6**
- **CJ Phillips- 1/7**
- **Max Clem- 1/8**
- **Jacob Reis- 1/9**

Positive Coaching Alliance

- ▶ Oliver Luck On The Coach Parent Partnership
- ▶ Oliver Luck, father of Andrew Luck, discusses how he interacts with his children's coaches. Visit positivecoach.org for more information.
- ▶ <https://www.youtube.com/watch?v=Lv4oeZq4nXw>

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