



Weekly Rundown

1-6-2025

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	JAWS Medalfest	JAWS Medalfest
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	No Practice	No Practice
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		
PT 1-3: 5:30-6:15 4-8: 6:15-7:00		PT 1-3: 5:30-6:15 4-8: 6:15-7:00			

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

Normal schedule through Thursday this week. Pre-Team session 2 begins this week as well.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (Jan 10-12)

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

- ▶ Great job to everyone who completed the Beast Mode Challenge! We are getting shirts ordered this week and will complete our drawing for prizes later this week as well.
- ▶ Coach Charlie is back from studying abroad, and you can expect to see him return to the pool deck with the Bronze and Silver groups within the next week.
- ▶ With the impending snow and ice will keep everyone posted on practices changes and cancellations. Please make sure to keep an eye out for emails regarding these updates.

Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ **Emeri Loehr- 1/6**
- ▶ **CJ Phillips- 1/7**
- ▶ **Max Clem- 1/8**

- ▶ Great job to the following swimmers who recently changed groups!

- ▶ **Silver- Isaac Dodson, Reed Duckworth, Asher Osborne**

Positive Coaching Alliance

- ▶ Tips for a Positive Parent/Coach Partnership
- ▶ Coaches and parents both play an important role in the development of youth athletes. To ensure a positive experience for the child, and to avoid parent/coach conflict, parents should recognize the part they play in making the season a success. This can sometimes be difficult for parents. However, it is best for the athletes if parents can provide support in a different way than the coaches do during practices and games. Following the guidelines in this document will help lead you to a Coach-Parent Partnership that benefits your child.
- ▶ <https://devzone.positivecoach.org/resource/article/tips-positive-parentcoach-partnership>

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