

# Weekly Rundown

1-8-2024

# Practice Schedule

| <u>Monday</u>                                 | <u>Tuesday</u>        | <u>Wednesday</u>                              | <u>Thursday</u>       | <u>Friday</u>      | <u>Saturday</u>                                            |
|-----------------------------------------------|-----------------------|-----------------------------------------------|-----------------------|--------------------|------------------------------------------------------------|
| JR<br>4:45-7:00                               | HP/SR<br>5:15-6:30 am | JR<br>4:45-7:00                               | HP/SR<br>5:15-6:30 am | JR<br>5:15-7:00    | JR<br>7:00-9:00 am                                         |
| G/S/B<br>5:30-7:00                            | JR<br>5:15-7:00       | G/S/B<br>5:30-7:00                            | JR<br>5:15-7:00       | G/S/B<br>5:30-7:00 | Pre-Team<br>5-8: 9:45-10:30<br>9-12: 9:00-9:45<br>REC POOL |
| Pre-Team<br>5-8: 5:30-6:15<br>9-12: 6:15-7:00 | G<br>5:30-7:00        | Pre-Team<br>5-8: 5:30-6:15<br>9-12: 6:15-7:00 | G/S/B<br>5:30-7:00    |                    |                                                            |

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

Normal schedule Monday-Thursday this week. Due to the High School City Championships on Saturday, we have moved Gold, Silver and Bronze from Saturday to Friday. Juniors will let out at 9:00 on Saturday. Pre-Team will be in the REC POOL on Saturday.

# Coaches Corner

## ► Upcoming Events

- GEVV Closed Invite (January 27-28)

- **Registration Deadline: Friday, 1/26**

- FRST Provincial Championships (February 9-11)

- **Registration Deadline: Friday, 1/12**

- We had a great meet in Jasper this weekend! Our swimmers had a ton of fun and did a lot of fast swimming. We had several new cuts and best times so make sure to check out the Meet Recap!
- With the High School Championship season approaching, as well as the GLVC and Missouri Valley Championships coming to the DAC in February we will have some schedule adjustments that we will be sending out later this week, so be on the lookout for that.

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ Max Clem- 1/8
  - ▶ Kitrick Snider- 1/11
  - ▶ Grace Owens- 1/14
- ▶ Shoutout to Jackson Clem, Andrew Orth, and Jake Rosenbarger who all represented Team Indiana at the Mid-States All-Star Championships in Indianapolis this past weekend!
  - ▶ Jackson had a 10<sup>th</sup> place finish in the 11-12 50 Breast, and was on a 5<sup>th</sup> place Relay
  - ▶ Andrew had 15<sup>th</sup> place finishes in the 200 IM and 100 Fly, as well as 11<sup>th</sup> and 12<sup>th</sup> place finishes as a part of two relay teams
  - ▶ Jake had 11<sup>th</sup> place finishes in the 50 and 100 Free, a 16<sup>th</sup> place finish in the 200 Free, as well as 4<sup>th</sup> and 5<sup>th</sup> place finishes as a part of two relay teams

# Positive Coaching Alliance

- ▶ Respecting Boundaries In The Parent-Coach Relationship
- ▶ Summer Sanders, a PCA National Advisory Board Member, made a splash at Stanford University by winning six national titles in her two years. She then went on to win two gold medals, one silver, and one bronze at the 1992 Summer Olympics. Since retiring from the sport, Sanders has served as hosted sports and entertainment shows on TV and is heavily involved in Right to Play, promoting the use of sport and play as a tool for positive childhood development. In this clip, Sanders explains the importance of parents playing an appropriate role in their communication with children's coaches. When parents feel the need to intervene in the coach-athletes relationship, they should only address developmental issues, such as whether the athlete is having fun and what might help their children enjoy the sport more.
- ▶ <https://devzone.positivecoach.org/resource/video/summer-sanders-respecting-boundaries-parent-coach-relationship>

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