

Weekly Rundown

10-13-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1/SR2 3:15-5:30 pm	HP/SR1/SR2 3:15-5:30 pm	HP/SR1 5:15-6:30 am 3:15-5:30 pm	HP/SR1/SR2 3:15-5:30 pm	HP/SR1 3:15-5:30 pm	HP/SR1 7:00-9:15 am
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 4:00-6:15 pm	JR1/2/3/4 7:00-9:15 am
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		WIN Fall Fling
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.

Normal schedule through Friday this week. Any juniors and seniors not attending the meet will be able to attend practice Saturday morning. There will be no other practices offered on Saturday due to the meet.

Coaches Corner

▶ Upcoming Events

- ▶ WIN Fall Fling (Oct 17-19)
 - ▶ **Meet Packet will be sent out this week.**
- ▶ Swim Carnival Fundraiser (Oct 25)
 - ▶ **8:00-11:00 am (ALL Groups)**
- ▶ GEVV Pumpkin Splash (Nov 1-2)
 - ▶ **Registration Deadline: Friday, October 24th**

- ▶ Our annual Swim Carnival Fundraiser is at the end of the month. Please see your email for more details, and check out social media pages for eligible prizes! We hope to see everyone there!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Makenna Cummings- 10/15**
 - ▶ **Harper Reidford- 10/18**
 - ▶ **Izzy Walden- 10/18**
- ▶ Great job to the following swimmers who recently changed groups!
 - ▶ **Isaac Dodson- JR2**
 - ▶ **Gia Garrett- JR3**
 - ▶ **Elaina Hill- JR1**
 - ▶ **Andrew Orth- JR1**

Positive Coaching Alliance

- ▶ How Parents/Caregivers Can Incorporate Empathy Within the Sports Experience
- ▶ One of the best ways that parents/caregivers can support a positive sports culture is by incorporating empathy into their interactions with their athletes, the coach, and the team community. By showing empathy, sports parents/caregivers can help all involved in the sport program feel heard, valued, and supported no matter the challenges they face on and off the field. The following tips can help a positive sports parent/caregiver lead their interactions with empathy.
- ▶ <https://positivecoach.org/resource-zone/how-parents-caregivers-can-incorporate-empathy-within-the-sports-experience/>

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