



Weekly Rundown

10-14-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 3:45-6:15 pm JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm	HP/SR 4:00-6:15 pm JR1/2/3 5:15-7:00 pm G 5:30-7:00 pm	HP/SR 5:15-6:30 am 4:00-6:15 pm JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm	HP/SR 4:00-6:15 pm JR1/2/3 5:15-7:00 pm G/S/B 5:30-7:00 pm	HP/SR 3:15-5:30 pm JR1/2/3 4:00-6:15 pm	Swim Carnival 8:00-11:00 am

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

Normal schedule through Friday this week. Swim Carnival on Saturday.

Coaches Corner

▶ Upcoming Events

▶ Swim Carnival Fundraiser (Oct 19)

▶ **8:00 am: Individual Pictures & Breakfast, 8:45 am: Team Picture**

▶ **9:00 am: Swim Carnival, 10:30-11:00 am: Prizes**

▶ WIN Pumpkin Plunge Developmental Meet (Oct 26)

▶ **Registration Deadlines: Monday, October 14th**

▶ GEVV Pumpkin Splash (Nov 2-3)

▶ **Registration Deadline: Friday, October 25th**

- ▶ We have our Swim Carnival Fundraiser this week! Please get out and raise as much money as you can! These funds are vital to our operations as a swim club!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Makenna Cummings- 10/15**
 - ▶ **Zoe Hubiak- 10/20**

Great job to the following swimmers who are changing groups!

- ▶ **Aria Gener- Silver**

Positive Coaching Alliance

- ▶ 10 Tips For Sports Parents
- ▶ PCA National Advisory Board Member Carol Dweck is the Lewis and Virginia Eaton Professor of Psychology at Stanford University and author of Mindset: The New Psychology of Success. She graduated from Barnard College in 1967 and earned a Ph.D. from Yale University in 1972. She taught at Columbia University, Harvard University, and the University of Illinois before joining the Stanford faculty in 2004. Here are her top 10 tips...
- ▶ <https://devzone.positivecoach.org/resource/article/top-10-tips-sports-parents>

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