

Weekly Rundown

10-16-2023

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 4:00-6:15	HP/SR 5:15-6:30 am 4:00-6:15	HP/SR 4:00-6:15	HP/SR 5:15-6:30 am 4:00-6:15	HP/SR 4:00-6:15	Swim-A-Thon 8:00-10:30 am ALL GROUPS
JR 4:45-7:00	JR 5:15-7:00	JR 4:45-7:00	JR 5:15-7:00	JR 4:00-6:15	
G/S/B 5:30-7:00	G 5:30-7:00	G/S/B 5:30-7:00	G/S/B 5:30-7:00		
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00		Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00			

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

Our Swim-A-Thon fundraiser will be held on Saturday in place of practice. Normal schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ Swim-A-Thon (October 21)
 - ▶ **8:00-10:30 am**
- ▶ BOON Outside Smoke (October 27-29)
 - ▶ **Registration Deadline: Tuesday, 10/17**

- ▶ We have our Swim-A-Thon this Saturday. This is a huge event for our club, and the money raised at this event is vital to help keep our organization sustainable. Please help do your part and raise funds for the team!
- ▶ The High School swim season will be starting next week (10/23). This means that moving forward the parking lot, locker rooms, and pool deck will be a bit more crowded during drop-off and the start of practice.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Izzy Walden- 10/18
 - ▶ Sydnee Hape- 10/20
 - ▶ Zoe Hubiak- 10/20
 - ▶ Lucy Voegel- 10/22

Positive Coaching Alliance

- ▶ Sports Parent Advice: What To Say (Or Not) About Your Child's Game
- ▶ Keith Van Horn played in the NBA for 10 years, participating in two NBA Finals and finishing his career averaging nearly 16 points and seven rebounds per game. Keith, a member of PCA's National Advisory Board, currently serves as Executive Director for Colorado Premier Basketball Club, which he founded based on many PCA principles. In this video, Keith suggests parents say little more after their children's games than that they are proud and enjoyed watching them play. And most of all, keep it positive!
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parent-advice-what-say-or-not-about-your-childs-game>