



Weekly Rundown

10-2-2023

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	HP/SR 7:00-9:15
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	Pre-Team 5-8: 10:00-10:45 9-12: 9:15-10:00
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.

With the meet on Saturday, practices will only be held for our High School Division and Pre-Team on Saturday. Normal schedule the rest of this week.

Coaches Corner

▶ Upcoming Events

- ▶ BOON & WVST Tri-Meet (October 7-8)
 - ▶ **Registration Deadline: CHANGED to Wednesday, 10/4**
 - ▶ Synergy Dryland Visit (October 9)
 - ▶ Swim-A-Thon (October 21)
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- ▶ Reminder that our meet this weekend has changed from NSC to a Tri-Meet at the DAC. Make you have made your final designation for the meet by Wednesday.
 - ▶ We will have Swim-A-Thon information out this week so be on the lookout for that. We are excited for this event!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Reece Connors- 10/3**
 - ▶ **Kylee Seib- 10/3**
 - ▶ **Lucy Lowe- 10/4**
 - ▶ **Julls Pace- 10/5**
 - ▶ **John Wynn- 10/6**
 - ▶ **Evelyn Freitag- 10/8**

Positive Coaching Alliance

► Cheering the Right Way

- This article will discuss how to cheer on your athlete from the sidelines using a technique we call "No-Directions Cheering." It's disconcerting for athletes to have parents yell out instructions. Avoid giving your child advice on the sidelines by committing to No-Directions Cheering. Eliminate verbs in your cheering because you can't give advice without verbs. No-Directions Cheering is important because your child will do better if it's their game. So provide encouragement without direction – or even enjoy the game in silence. The more space you leave them to be the actor – a proactive player rather than a puppet on a string – the better.

- <https://devzone.positivecoach.org/resource/article/cheering-right-way>