

Weekly Rundown

10-20-2025

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 JR1/2/3/4 4:45-7:00 pm G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm	HP/SR1/SR2 3:15-5:30 pm JR1/2/3 5:15-7:00 pm G: 5:30-7:00 pm	HP/SR1 5:15-6:30 am 3:15-5:30 pm JR1/2/3/4 4:45-7:00 pm G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm	HP/SR1/SR2 3:15-5:30 pm JR1/2/3/4 5:15-7:00 pm G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	HP/SR1 3:15-5:30 pm JR1/2 4:00-6:15 pm	Swim Carnival 8:00-11:00 am All Groups

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

Normal schedule through Friday this week. Our Swim Carnival fundraiser is Saturday 8-11.

Coaches Corner

▶ Upcoming Events

- ▶ Swim Carnival Fundraiser (Oct 25)
 - ▶ **8:00-11:00 am (ALL Groups)**
- ▶ GEVV Pumpkin Splash (Nov 1-2)
 - ▶ **Registration Deadline: Friday, October 24th**

- ▶ We had a great meet at Castle this past weekend! Be on the lookout for the full mee recap to see how everyone did!
- ▶ Our annual Swim Carnival Fundraiser is Saturday. Please see your email for more details, and pictures of eligible prizes! We hope to see everyone there!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Zoe Hubiak- 10/20
 - ▶ Lucy Voegel- 10/22
 - ▶ Steve Besing- 10/26
 - ▶ Jon Besing- 10/26
 - ▶ Wyatt Jones- 10/26

Positive Coaching Alliance

- ▶ Treating the Game with Dignity – A Handout for Parents/Caregivers
- ▶ Honoring the Game is PCA's culture principle that provides guidance on fair play and treating those involved in the sport with dignity. Parents/Caregivers can print out this Honoring the Game card to remind themselves and their peers of the important aspects of sports and follow along the game day tips to help create positive sports experiences for their athletes.
- ▶ <https://positivecoach.org/resource-zone/treating-the-game-with-dignity-a-handout-for-parents-caregivers/>

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