

Weekly Rundown

10-23-2023

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 5:15-7:30	HP/SR 5:15-6:30 am 4:45-7:00	HP/SR 5:15-7:30	HP/SR 5:15-6:30 am 4:45-7:00	HP/SR 5:15-7:00	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	JR1 5:15-7:00	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	BOON Meet	BOON Meet
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 Girls HS season underway our HS boys will follow a different schedule in the afternoons the next two weeks. Our Junior groups will go back to their regular schedule on Friday's moving forward. No practice for JR or 10u on Saturday due to the Boonville Meet. Normal schedule otherwise.

Coaches Corner

- ▶ BOON Outside Smoke (October 27-29)
 - ▶ **Registration Deadline: Tuesday, 10/17**
- ▶ GEVV Turkey Splash (November 11-12)
 - ▶ **Registration Deadline: Friday, 11/3**
- ▶ Thank you to everyone who helped make the Swim-A-Thon a success! Our swimmers and coaches had a blast, and we were able to raise a ton of money for the team!
- ▶ The High School swim season starts this week. 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!

- ▶ Jonathan Besing- 10/26
- ▶ Steven Besing- 10/26
- ▶ Wyatt Jones- 10/26
- ▶ Madalyn Huang- 10/27
- ▶ Sutton Sensenbrenner- 10/28

▶ Congratulations to the following swimmers who have changed groups!

- ▶ Max Clem- Silver
- ▶ Jaxxon Holder- Silver
- ▶ Amelia Earles- Gold

Positive Coaching Alliance

- ▶ Top 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>