



Weekly Rundown

10-27-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1/SR2 5:15-7:30 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 5:15-7:30 pm JR1/2/3 5:15-7:00 pm G: 5:30-7:00 pm	HP/SR1 5:15-6:30 am 5:15-7:30 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 5:15-7:30 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 TBD Happy Halloween!	GEVV Pumpkin Splash

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

Normal schedule through Thursday this week. No junior practices on Friday and will update on senior practice later this week. Meet at the DAC on Saturday and Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Pumpkin Splash (Nov 1-2)
 - ▶ **Meet Packet will be sent out later this week.**

- ▶ Our Swim Carnival on Saturday was an awesome event! The kids had a blast and we raised a ton of money! A huge thank you to everyone who supported, donated, and sought out sponsorships!
- ▶ The deadline to order custom caps is this Wednesday!
<https://docs.google.com/forms/d/e/1FAIpQLSfhfobPpOASjpgid-HpgGBqr1zdN4zQVafzytguBEyMMdU9xg/viewform?usp=dialog>
- ▶ The girls high school swim season starts this week, and the boys starts two weeks from now. Expect the parking lot, drop-off, and facility to be much more crowded moving forward.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Annie Dickel- 10/27
 - ▶ Jaden Santizo- 10/30
 - ▶ Makenna Crummley- 11/1
 - ▶ Adrienne Lowe- 11/1

Positive Coaching Alliance

- ▶ Helping Athletes Identify Life Skills Through Watching Sports
- ▶ While participating in a positive sports experience can help athletes access the many benefits that sports can provide, they can also gain valuable insight, perspective, and life skills by watching them. A caring adult in an athlete's life (whether sports parents/caregivers or coaches) can play a critical role in helping athletes identify and critically think about what they are watching. Below is advice on what to look for and how to watch sports in a way that helps athletes draw out life skills.
- ▶ <https://positivecoach.org/resource-zone/helping-athletes-identify-life-skills-through-watching-sports/>

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