

Weekly Rundown

10-30-2023

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	JR 4:45-7:00	JR 7:00-9:15
G/S/B 5:30-7:00		G/S/B 5:30-7:00	G/S/B 5:30-7:00		G/S/B 9:15-10:45
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			Pre-Team 5-8: 10:00-10:45 9-12: 9:15-10:00

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

No practice for Gold on Tuesday. Normal schedule otherwise.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Turkey Splash (November 11-12)

- ▶ **Registration Deadline: Friday, 11/3**

- ▶ MTV Candy Cane Classic (December 1-3)

- ▶ **More info to come.**

- ▶ IU Natatorium Jingle Jamboree (December 8-10)

- ▶ **Registration Deadline: Friday, 11/10**

- ▶ We had a great meet this weekend at the Boonville Outside Smoke! Our swimmers had some awesome results and our team spirit was on full display all weekend. Be on the lookout for the meet recap later this week.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Makenna Crummley- 11/1**
 - ▶ **Adrienne Lowe- 11/1**
- ▶ Congratulations to the following swimmers who have changed groups!
 - ▶ **Braxton Clark- Silver**

Positive Coaching Alliance

- ▶ Discussing The "Why" Of Youth Sports With Your Child
- ▶ Tina Syer is the former President at Positive Coaching Alliance. Syer played Division I field hockey at Stanford University, where she graduated with honors and was named an Academic All-America. Her coaching experience includes seasons at the high school, college and Olympic Development levels. In this video, Tina emphasizes the importance of sports parents talking to their children about why they have signed up for a given sports season. That includes conversation about the goals they both have for that season. Too often, parents just sign their kids up and send them out to play and compete without setting any context for goals, whether those be performance-related, or in areas of social development, or just to have fun.
- ▶ <https://devzone.positivecoach.org/resource/video/discussing-why-youth-sports-your-child>