

Weekly Rundown

10-6-2025

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	HP/SR1/SR2 3:15-5:30 pm	HP/SR1 5:15-6:30 am 3:15-5:30 pm	HP/SR1/SR2 3:15-5:30 pm	HP/SR1 3:15-5:30 pm	HP/SR1 7:00-9:15 am
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 4:45-7:00 pm	JR1/2/3/4 5:15-7:00 pm	JR1/2 4:00-6:15 pm	JR1/2/3/4 7:00-9:15 am
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am
BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm		BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm			BG: 9:30-10:30 am PT1: 9:45-10:30 am PT2: 9:00-9:45 am

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

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ WIN Fall Fling (Oct 17-19)
 - ▶ **Registration Deadline: Friday, October 10th**
- ▶ Swim Carnival Fundraiser (Oct 25)
 - ▶ **8:00-11:00 am (ALL Groups)**
- ▶ GEVV Pumpkin Splash (Nov 1-2)
 - ▶ **More info coming soon.**

- ▶ We just finished up our meet this weekend, and it was a great meet to get the season started! Thank you to everyone who helped volunteer! Be on the lookout for the full meet recap to see how everyone did!
- ▶ Our annual Swim Carnival Fundraiser is at the end of the month. Please see your email for more details, and check out social media pages for eligible prizes! We hope to see everyone there!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Mack Coffey- 10/6**
 - ▶ **John Wynn- 10/6**
 - ▶ **Evelyn Freitag- 10/8**

Positive Coaching Alliance

- ▶ Supporting Athletes From the Sidelines Through Encouragement
- ▶ It's disconcerting for athletes to have parents/caregivers yell out instructions. Athletes may struggle to decipher what to do when they get instructions from the stands and from their coaches – especially if they are conflicting. Being mindful of what you are yelling to your athlete can help them better focus on the game and the strategy that the coach employs.
- ▶ <https://positivecoach.org/resource-zone/no-directions-cheering/>

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