



Weekly Rundown

10-7-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 3:45-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 5:15-6:30 am 4:00-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 3:15-5:30 pm	HP/SR 7:00-9:15 am
JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:00-6:15 pm	JR1/2/3 7:00-9:15 am
G/S/B 5:30-7:00 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		G/S/B 9:00-10:30 am
PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm		PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm			PT 1-3: 9:45-10:30 am 4-8: 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

► Swim Carnival Fundraiser (Oct 19)

► **8:00 am: Individual Pictures & Breakfast, 8:45 am: Team Picture**

► **9:00 am: Swim Carnival, 10:30-11:00 am: Prizes**

► WIN Pumpkin Plunge Developmental Meet (Oct 26)

► **Registration Deadlines: Monday, October 14th**

► GEVV Pumpkin Splash (Nov 2-3)

► **Registration Deadline: Friday, October 25th**

- We had an awesome first meet of the season! It was great to see so many of our swimmers on deck competing and having fun. Thank you to everyone who helped out to make the meet a success!

Swimmer Spotlight

▶ Happy Birthday!

- ▶ Evelyn Freitag- 10/8
- ▶ Jalyn Pace- 10/11

Great job to the following swimmers who are changing groups!

- ▶ Bennett Engler- JR1
- ▶ Isaac Bell- JR2
- ▶ Berklee Meyer- JR2
- ▶ Georgia Shaw-Pullen- JR2

Positive Coaching Alliance

► Empowering Conversations With Your Child

- In order to help get the most from your child's experience playing sports, it is important that parents try to engage in meaningful conversations. Talking to your children about their involvement can help foster a deeper impact from sport. It can also help children understand how the lessons and skills they are learning in sports translate to other parts of life. This is a great way to maximize your child's growth through youth sports. Since kids may not share thoughts about their your sports experience unless prompted, it is the parent's role to explore strategies to get their children talking. Different kids will respond to different strategies, and parents should feel comfortable having these in their "tool box" in hopes they find a good fit.

- <https://devzone.positivecoach.org/resource/article/empowering-conversations-your-child>

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