

Weekly Rundown

10-9-2023

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 4:00-6:15	HP/SR 7:15-8:30 am 4:00-6:15	HP/SR 4:00-6:15	HP/SR 7:15-8:30 am 4:00-6:15	HP/SR 4:00-6:15	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 4:00-6:15	JR 7:00-9:15
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		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.

Doubles for the High School Division will be from 7:15-8:30 am this week. Normal schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ Synergy Dryland Visit (October 9)
- ▶ Swim-A-Thon (October 21)
- ▶ BOON Outside Smoke (October 27-29)
 - ▶ **Registration Deadline: Tuesday, 10/17**

- ▶ We had a great meet at the DAC this past weekend! We appreciate everyone's help and support as we quickly transitioned to hosting a meet on short notice. Be on the lookout for the Meet Recap later this week!
- ▶ Swim-A-Thon information has been sent out. This is a huge event for our club, and the money raised at this event is vital to help keep our organization sustainable.
- ▶ Our partners from Synergy Dryland will be on deck with us this evening. They will be interacting with the swimmers and performing evaluations with our HS and 11-14 Divisions throughout practice.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Bristol Saunders- 10/14**
 - ▶ **Makenna Cummings- 10/15**
 - ▶ **Isaiah Matthews- 10/15**

Positive Coaching Alliance

- ▶ Parent Tip From Charlie Slagle: What to Ask Your Kid On The Car Ride Home
- ▶ Charlie Slagle is a long-time soccer coach at many levels, most prominently for 21 years at Davidson College, where he is a Hall of fame inductee and was named D-I Men's National Coach of the Year. In this video, Charlie describes the ideal car ride home for a child after a practice or game. The parent should ask "Did you have fun?" and "Did you try your best?" and "Were you a good person out there?" Parents should avoid commenting on coaching decisions and the like to ensure they do not turn an otherwise positive experience for the child into a negative one.
- ▶ <https://devzone.positivecoach.org/resource/video/parent-tip-charlie-slagle-what-ask-your-kid-car-ride-home>