

Weekly Rundown

11-13-2023

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	HP/SR 5:15-6:30 am JR 5:15-7:00 G 5:30-7:00	JR 4:45-7:00 G/S/B 5:30-7:00 Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	HP/SR 5:15-6:30 am JR 5:15-7:00 G/S/B 5:30-7:00	JR 4:45-7:00	JR 7:00-9:15 G/S/B 9:15-10:45 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 on Monday for the 10u and 11-14 Division. Enjoy a day off after a long weekend. We will still run Pre-Team practices on Monday. Regular schedule otherwise.

Coaches Corner

▶ Upcoming Events

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

- ▶ **Registration Deadline: Friday, 11/17**

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

- ▶ **Registration Deadline: Passed (more info to come)**

- ▶ On behalf of our entire coaching staff, we'd like to thank all of our parents and volunteers who helped make the meet a success! It was our first experience running two pools, and while there are certainly a few things to work out, we thought it went great and your help was a big part in that. The swimmers had a great meet, and it's always fun to watch our team compete in our home pool! Be on the lookout for the meet recap later this week.
- ▶ This is the last week of Session 1 for the Pre-Team. Pre-Team families, be on the lookout for more information this week.

Swimmer Spotlight

▶ Happy Birthday!

▶ Elliott Piekos- 11/15

Positive Coaching Alliance

- ▶ Did You Win? Did You Lose? Those Are The Wrong Questions For Parents To Ask
- ▶ PCA National Advisory Board Member Carol Dweck is the Lewis and Virginia Eaton Professor of Psychology at Stanford University and author of *Mindset: The New Psychology of Success*. She graduated from Barnard College in 1967 and earned a Ph.D. from Yale University in 1972. She taught at Columbia University, Harvard University, and the University of Illinois before joining the Stanford faculty in 2004. In this video, Dweck talks about the importance of having a growth mindset instead of focusing on comparing your youth athlete to the other kids and putting pressure on them to be better than everyone else.
- ▶ <https://devzone.positivecoach.org/resource/video/did-you-win-did-you-lose-those-are-wrong-questions-parents-ask>

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