



Weekly Rundown

11-18-2024

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 pm	HP/SR 5:15-7:30 pm	HP/SR 5:15-6:30 am 5:15-7:30 pm	HP/SR 5:15-7:30 pm	HP/SR 5:15-7:00 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 4:45-7:00 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

- ▶ MTV Candy Cane Classic (Dec 6-8)
 - ▶ **Registration Deadline: Friday, November 22nd**
- ▶ Jingle Jamboree (Dec 13-15)
 - ▶ **Registration Deadline: Friday, November 15th**
- ▶ JAWS Medalfest (Jan 10-12)
 - ▶ **Registration Deadline: Friday, December 27th**

- ▶ This is the last week of Session 1 for the Pre-Team. If you have a Pre-Team swimmer be on the lookout for communication on what to expect next.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Lily Graber- 11/21**

Positive Coaching Alliance

- ▶ Sports Parent Advice: What To Say (Or Not) About Your Child's Game
- ▶ Keith Van Horn (@Coach_Keith44) played in the NBA for 10 years, participating in two NBA Finals and finishing his career averaging nearly 16 points and seven rebounds per game. Earlier, he was a Consensus First Team All-America and 1997 ESPN National Performer of the Year at University of Utah. Keith, a member of PCA's National Advisory Board, currently serves as Executive Director for Colorado Premier Basketball Club, which he founded based on many PCA principles. Keith is passionate about improving our youth sports culture and writes about his experiences and opinions in his blog, Layups and Rebounds. In this video, Keith suggests parents say little more after their children's games than that they are proud and enjoyed watching them play. Most poignantly, yelling at Johnny from the stands to "make that shot is not going to help Johnny make that shot." And most of all, keep it positive!
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parent-advice-what-say-or-not-about-your-childs-game>

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