



# Weekly Rundown

11-20-2023

# Practice Schedule

| <u>Monday</u>      | <u>Tuesday</u>        | <u>Wednesday</u>     | <u>Thursday</u>                           | <u>Friday</u>    | <u>Saturday</u>      |
|--------------------|-----------------------|----------------------|-------------------------------------------|------------------|----------------------|
| JR<br>4:45-7:00    | HP/SR<br>5:15-6:30 am | JR<br>9:45-12:00     | No Practice<br><br>HAPPY<br>THANKSGIVING! | JR<br>9:45-12:00 | JR<br>9:45-12:00     |
| G/S/B<br>5:30-7:00 | JR<br>5:15-7:00       | G/S/B<br>10:30-12:00 |                                           |                  | G/S/B<br>10:30-12:00 |
|                    | G<br>5:30-7:00        |                      |                                           |                  |                      |

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

Session 1 of the Pre-Team has ended, and Session 2 will not start back up until January. We have a regular schedule on Monday and Tuesday. Due to the Thanksgiving schedule our practices on Wednesday, Friday and Saturday have been adjusted to the morning.

# Coaches Corner

## ▶ Upcoming Events

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

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

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

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

- ▶ We hope everyone enjoys their Thanksgiving! We are thankful for all of our swimmers and families who help make this team a special one.
- ▶ As we approach our upcoming meets, be on the lookout for updated meet information surrounding each. We are looking forward to finishing out the first half of our short course season strong!

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ Lily Graber- 11/21
  - ▶ Carter Schenk- 11/22
- ▶ Congratulations to the following swimmers who have changed groups!
  - ▶ Kathryn Link- Silver
  - ▶ Julls Pace- Silver
- ▶ Congratulations to the following swimmers who have advanced from the Pre-Team to the Competitive Team!
  - ▶ Hank Dennis (Bronze), Harrison Elikofer (Bronze), Lucy Lowe (JR3), Breleigh Ludwig (JR3), Amelia Morris (Bronze), Wyatt Mueth (JR3), Harper Schenk (Bronze), Amelia Taylor (Bronze), Lily Taylor (Bronze)

# 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. These conversations may seem tough to initiate, which is why Positive Coaching Alliance has put together these tips for empowering conversation with your child. Utilizing these strategies provides parents the platform they need to best support their young athlete.

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

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