



Weekly Rundown

11-24-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1/SR2 5:15-7:30 pm	HP/SR1/SR2 5:15-6:30 am 5:15-7:30 pm	HP/SR1 8:45-11:00 am		HP/SR1 8:45-11:00 am	HP/SR1 8:45-11:00 am
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 8:45-11:00 am	No Practice	JR1/2/3/4 8:45-11:00 am	JR1/2/3/4 6:45-9:00 am
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm	G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am	Happy Thanksgiving!	G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am	G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am
BG: 6:00-7:00 pm		BG: 9:30-10:30 am			BG: 9:30-10:30 am

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

Several changes to the schedule this week due to Thanksgiving break. Pre-Team is on break until January.

Coaches Corner

► Upcoming Events

- MTV Candy Cane Classic (Dec 5-7)
 - **More info to come.**
- FRST Holiday Season Slam (Dec 12-14)
 - **More info to come.**
- Holiday Party (Dec 17)
 - **5:30-7:00 pm**
- Make sure to RSVP for the Holiday Party by Tuesday!
- Happy Thanksgiving to everyone! We are thankful for all of our GREAT families!

Swimmer Spotlight

- ▶ Happy Birthday!
- ▶ **No birthdays this week.**

Positive Coaching Alliance

- ▶ Charlie Slagle 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. Charlie also served for 12 years as CEO of Capital Area Soccer League and is now CEO for Tampa Bay United and President Elect for the National Soccer Coaches Association of America (@NSCAA). 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. As Charlie points out, many children can take a 12-2 loss, have a snack and be ready for the next game.
- ▶ <https://www.youtube.com/watch?v=S6zNiWN8Oc4>

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