

Weekly Rundown

11-25-2024

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 JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm	HP/SR 5:15-6:30 am 5:15-7:30 pm JR1/2/3 5:15-7:00 pm G 5:30-7:00 pm	HP/SR 9:00-11:00 am JR1/2/3 9:00-11:00 am G/S/B 9:00-10:30 am	No Practice Happy Thanksgiving!	HP/SR 9:00-11:00 am JR1/2/3 9:00-11:00 am G/S/B 9:00-10:30 am	HP/SR 9:00-11:00 am JR1/2/3 9:00-11:00 am G/S/B 9:00-10:30 am

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

Several schedule changes this week due to Thanksgiving.

Coaches Corner

▶ Upcoming Events

- ▶ MTV Candy Cane Classic (Dec 6-8)

- ▶ **More info to come.**

- ▶ Jingle Jamboree (Dec 13-15)

- ▶ **More info to come.**

- ▶ JAWS Medalfest (Jan 10-12)

- ▶ **Registration Deadline: Friday, December 27th**

- ▶ Our Holiday Party is on Wednesday, December 4th. Bring your swimmer by for some fun in the pool, pizza and presents. GREAT has also sponsored 20 students from the Angel Tree for Christmas gifts. See email for more details!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **No birthdays this week.**
- ▶ Great job to the following swimmers who have recently changed groups!
 - ▶ **Aubrie Persinger- Junior 1**
- ▶ Great job to the following swimmers who are moving into the Competitive Team following Session 1 of the Pre-Team!
 - ▶ **Evelyn Angermeier, Jules Bixby, Blaze Cadden, Sadie McDonald, Kenley O'Brian, Eloise Peter, Carlie Phillips, Will Weatherwax**

Positive Coaching Alliance

- ▶ Advice To Sports Parents: It's Your Child's Experience
- ▶ Mitch Belisle (@MBelisle85) is a professional lacrosse player, competing for Team USA and in the MLL and NLL. He played for Cornell University, winning the Schmeisser Award his senior year, an honor given annually to the most outstanding defenseman in men's college lacrosse. Belisle is the VP of Marketing for Triology Lacrosse, a lacrosse education organization. Belisle's best piece of advice for youth sports parents? To remember that it's their child's experience. Kids need to be supported, and they want to hear that you're proud of them, but he suggests parents refrain from telling kids what they can do better. He says that when parents support the process and let kids enjoy the experience, that helps remove the pressures that young athletes feel.
- ▶ <https://devzone.positivecoach.org/resource/video/advice-sports-parents-its-your-childs-experience>

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Kleen Aid

