



Weekly Rundown

11-27-2023

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
JR 4:45-7:00	HP/SR 5:15-6:30 am	JR 4:45-7:00	HP/SR 5:15-6:30 am	JR 5:15-7:00	No Practice MTV Meet
G/S/B 5:30-7:00	JR 5:15-7:00	G/S/B 5:30-7:00	JR 5:15-7:00		
	G 5:30-7:00		G/S/B 5:30-7:00		

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

No practice on Saturday due to the MTV Meet. For those not competing in the meet on Friday evening, JR practice will be offered from 5:15-7:00. Normal schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ MTV Candy Cane Classic (December 1-3)
 - ▶ **Meet Packet will be sent out later this week.**
- ▶ IU Natatorium Jingle Jamboree (December 8-10)
 - ▶ **Registration Deadline: Passed (more info to come)**
- ▶ JAWS Medalfest (January 5-7)
 - ▶ **Registration Deadline: Friday, 12/22**
- ▶ We are excited to watch our swimmers compete over the next two weekends as we head into winter break training!
- ▶ Best Mode is back! Our annual Beast Mode Training over Christmas Break is quickly approaching. We will have daily themes and prizes, and each swimmer that attends every practice during break will receive a Beast Mode T-Shirt. We will have more information out soon!

Swimmer Spotlight

▶ Happy Birthday!

▶ **Caroline Creager- 11/30**

Positive Coaching Alliance

- ▶ Parents Should Be Teammates Of Each Other
- ▶ Stewart Brown is a former player for England's Queens Park Rangers F.C., current head girl's soccer coach for perennial Dallas-area powerhouse Highland Park High School and the Director of Coaching for the Highland Park Soccer Academy. "Coaches can't compete with the dining room table," Brown says in this video, meaning that what parents may say to athletes over meals at home can be a huge influence in how (or even if) their child fits into team culture. Any disparaging remarks about teammates, their parents or coaches can chip away at the athlete's ability to stay positive and to help shape an overall positive team culture.
- ▶ <https://devzone.positivecoach.org/resource/video/parents-should-be-teammates-each-other>

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