

Weekly Rundown

11-3-2025

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 5:15-7:30 pm	HP/SR1 5:15-6:30 am 5:15-7:30 pm	HP/SR1/SR2 5:15-7:30 pm	HP/SR1 5:15-7:00 pm	HP/SR1 7:00-9:15 am
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 4:45-7:00 pm	JR1/2/3/4 5:15-7:00 pm	JR1/1/2 4:45-7:00 pm	JR1/2/3/4 7:00-9:15 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: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am
BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm		BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm			BG: 9:30-10:30 am PT1: 9:45-10:30 am PT2: 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 5-7)
 - ▶ **Registration Deadline: Friday, Nov 21**
- ▶ FRST Holiday Season Slam (Dec 12-14)
 - ▶ **Registration Deadline: Friday, Nov 14**

- ▶ We had a great meet this past weekend at the DAC! Thank you to everyone who volunteered and helped out! Be sure to check out the full meet recap to see how everyone did!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Abigail Schultheis- 11/5
 - ▶ Graham Schuble- 11/9

Positive Coaching Alliance

- ▶ Summer Sanders: 4 Ways Parents Can Help Their Kids Enjoy Sports
- ▶ Olympic Gold Medalist Summer Sanders talks about how her parents' positive approach helped her find balance.
- ▶ https://www.youtube.com/watch?v=-2_jxJo3s7I

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