

# Weekly Rundown

11-4-2024

# Practice Schedule

| <u>Monday</u>                                | <u>Tuesday</u>          | <u>Wednesday</u>                             | <u>Thursday</u>         | <u>Friday</u>           | <u>Saturday</u>                               |
|----------------------------------------------|-------------------------|----------------------------------------------|-------------------------|-------------------------|-----------------------------------------------|
| HP/SR<br>5:15-7:30 pm                        | HP/SR<br>5:15-7:30 pm   | HP/SR<br>5:15-6:30 am<br>5:15-7:30 pm        | HP/SR<br>5:15-7:30 pm   | HP/SR<br>5:15-7:00 pm   | HP/SR<br>7:00-9:15 am                         |
| JR1/2/3<br>4:45-7:00 pm                      | JR1/2/3<br>5:15-7:00 pm | JR1/2/3<br>4:45-7:00 pm                      | JR1/2/3<br>5:15-7:00 pm | JR1/2/3<br>4:45-7:00 pm | JR1/2/3<br>7:00-9:15 am                       |
| G/S/B<br>5:30-7:00 pm                        | G<br>5:30-7:00 pm       | G/S/B<br>5:30-7:00 pm                        | G/S/B<br>5:30-7:00 pm   |                         | G/S/B<br>9:00-10:30 am                        |
| PT<br>1-3: 5:30-6:15 pm<br>4-8: 6:15-7:00 pm |                         | PT<br>1-3: 5:30-6:15 pm<br>4-8: 6:15-7:00 pm |                         |                         | PT<br>1-3: 9:45-10:30 am<br>4-8: 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 6-8)

- ▶ **Meet will be posted soon.**

- ▶ Jingle Jamboree (Dec 13-15)

- ▶ **Meet will be posted soon.**

- ▶ We had a great meet this past weekend at the DAC! It was great to see such a good turnout, with over 100 of our swimmers entered, and almost 400 total. Huge thank you to all of our meet volunteers who helped the meet run smoothly and efficiently! Be on the lookout for the meet recap to see highlights from the weekend!

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ Ryan York-Dubord- 11/4
  - ▶ Charlotte Pagett- 11/6

# 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. He also earlier coached for Southern Methodist University, leading the team to four conference championships and four NCAA Tournament appearances in four years. "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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