

Weekly Rundown

11-6-2023

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 4:45-7:00	GEVV Turkey Splash No Practice
G/S/B 5:30-7:00	JR 5:15-7:00	G/S/B 5:30-7:00	JR 5:15-7:00		
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G 5:30-7:00	Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	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 meet. Regular schedule otherwise.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Turkey Splash (November 11-12)
 - ▶ **Meet Packet will be sent out later this week.**
- ▶ MTV Candy Cane Classic (December 1-3)
 - ▶ **Registration Deadline: Friday, 11/17**
- ▶ IU Natatorium Jingle Jamboree (December 8-10)
 - ▶ **Registration Deadline: Friday, 11/10**

- ▶ The boys HS season starts this week, so anticipate an even more crowded parking lot, facility, locker rooms, and pool deck.
- ▶ We have our Turkey Splash upcoming this weekend at the DAC. We are looking forward to some fast and fun racing at our home pool! Thank you to everyone who has signed up to volunteer! These meets could not be successful without our GREAT parents, and your support goes a long way.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **David Adams- 11/11**
- ▶ Congratulations to the following swimmers who have changed groups!
 - ▶ **Evelyn Freitag- Junior 2**
 - ▶ **Anna Wesselman- Junior 2**
- ▶ Shoutout to Gabbie Irvin who was selected to participate in the Team Indiana, Olympic Training Center Camp this past weekend in Colorado Springs, CO!

Positive Coaching Alliance

- ▶ Silence On The Sidelines Lets Kids Learn And Coaches Coach
- ▶ Alexi Lalas was a defender on the US Men's World Cup team in 1994. In 2006 he was elected into the National Soccer Hall of Fame. He currently works in sports media and first started as an analyst for ESPN and ABC Sports before transitioning to FOX Sports. In his own sports parenting experience, Lalas stays silent on the sidelines and lets coaches coach and kids play. Primarily, Lalas stays out of the way out of respect for the coach who has volunteered their time to coach his kid. Lalas urges other parents to resist the urge to jump in and say something from the sidelines, even when you know you could help the coach correct a mistake. Instead, Lalas suggests that parents let kids AND coaches make mistakes, as they will learn more quickly that way. Often, we think about letting kids develop by making mistakes, but it is equally important to keep this in mind for coaches.
- ▶ <https://devzone.positivecoach.org/resource/video/silence-sidelines-lets-kids-learn-and-coaches-coach>

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