



Weekly Rundown

12-1-2025

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 7:00-9:00 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	MTV Candy Cane Classic	JR1/2/3/4 7:00-9:00 am
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm BG: 6:00-7:00 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 BG: 6:00-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		MTV Candy Cane Classic

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

Normal schedule through Thursday this week. MTV meet Friday-Sunday.

Coaches Corner

► Upcoming Events

- MTV Candy Cane Classic (Dec 5-7)
 - **Meet Packet will be sent out this week.**
- FRST Holiday Season Slam (Dec 12-14)
 - **More info to come.**
- Holiday Party (Dec 17)
 - **5:30-7:00 pm**
- We will be sending out volunteer opportunities for the high school meet season soon, so be on the lookout for that!
- The Ritz's Fantasy of Lights will cause some pick-up and drop-off changes throughout December. Please check your email for more info.

Swimmer Spotlight

- ▶ Happy Birthday!
- ▶ **Dean Harrison- 12/6**

Positive Coaching Alliance

- ▶ What Parents Should Say on the Drive Home
- ▶ San Jose Earthquakes Vice President of Marketing and Communications, Jed Mettee, talks about what parents should say on the drive home from a game.
- ▶ <https://www.youtube.com/watch?v=UCtMRFYIm4I>

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