



Weekly Rundown

12-15-2025

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	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	Holiday Party All Groups 5:30-7:00 pm	JR1/2/3/4 5:15-7:00 pm	JR1/2 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: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am
BG: 6:00-7:00 pm					BG: 9:30-10:30 am

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

Normal schedule this week. Wednesday is our Holiday party from 5:30-7:00 for all groups.

Coaches Corner

▶ Upcoming Events

- ▶ Holiday Party (Dec 17)

- ▶ **5:30-7:00 pm**

- ▶ We had a great second mid-season meet at Franklin! Be on the lookout for the full meet recap later this week. Looking forward to beast mode training over break to prepare for our next few meets and championship season!
- ▶ Holiday Party is this Wednesday. We are looking forward to having everyone together for some fun team building!

Swimmer Spotlight

▶ Happy Birthday!

- ▶ Rory McKim- 12/15
- ▶ Jude Roberson- 12/19
- ▶ Jonathan Weaver- 12/19
- ▶ Graham Briles- 12/21

Positive Coaching Alliance

- ▶ Joy Fawcett: Parents, Let The Coaches Coach!
- ▶ Joy Fawcett -- former U.S. National Women's Soccer Team star, "Ultimate Soccer Mom" and Positive Coaching Alliance National Advisory Board Member -- reminds parents to let their kids' coaches coach.
- ▶ <https://www.youtube.com/watch?v=zl0N3hvbI-Y>

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