



Weekly Rundown

12-16-2024

Practice Schedule

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

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

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (Jan 10-12)

- ▶ **Registration Deadline: Friday, December 27th**

- ▶ We had a great meet at the IU Natatorium this past weekend to close out the first half of our short course season! We had a lot of great swims, be sure to check out the full meet recap!
- ▶ We will be passing out custom cap orders this week.
- ▶ Our Winter Break Beast Mode Training starts next week on Monday, December 23rd. We strongly encourage attendance throughout break!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Sadie McDonald- 12/16
 - ▶ Jon Weaver- 12/19
 - ▶ Sydney Williams- 12/19
 - ▶ Jules Bixby- 12/20
 - ▶ Aria Gener- 12/22

Positive Coaching Alliance

- ▶ Supporting Your Children When They Make Mistakes
- ▶ This resource is from a case study in PCA Founder Jim Thompson's book, Positive Sports Parenting. Your child makes a glaring mistake in the middle of the game that leads to an opponent's score. Right afterwards, your child looks over and your eyes meet. As a Second-Goal Parent®, what should you do?
- ▶ <https://devzone.positivecoach.org/resource/book/supporting-your-children-when-they-make-mistakes>

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Kleen Aid

