

Weekly Rundown

12-18-2023

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 2:45-4:30 pm	JR 9:45-12:00	HP/SR 2:45-4:30 pm	JR 9:45-12:00	JR 9:45-12:00
G/S/B 5:30-7:00	JR 9:45-12:00	G/S/B 10:30-12:00	JR 9:45-12:00		G/S/B 10:30-12:00
	G 10:30-12:00	JR 4:45-7:00	G/S/B 10:30-12:00		
	JR/G 5:15-7:30	G/S/B 5:30-7:00			

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

Our winter break schedule starts this week. For those who are still in school we will have coaches present at normal practice times on Tuesday and Wednesday.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (January 5-7)
 - ▶ **Registration Deadline: Friday, 12/22**
- ▶ GEVV Closed Invite (January 27-28)
 - ▶ **More info to come.**

- ▶ We hope everyone enjoyed the Christmas Party this past weekend! Those team building events are important and we appreciate everyone who was involved!
- ▶ BEAST MODE Training starts this week! As a reminder, every swimmer who is present at every practice during break will receive a free Beast Mode t-shirt. This training is an important part of our season and we strongly encourage everyone to participate.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Sydney Williams- 12/19**
- ▶ Shoutout to Elaina Hill who won our Beast Mode T-Shirt Design Contest!

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>

Thank You to our Sponsors!

