



Weekly Rundown

12-22-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
JR & SR 9:00-11:00 am	SR 9:00-11:00 am 3:30-5:30 pm	JR & SR 9:00-11:00 am		JR & SR 9:00-11:00 am	JR & SR 9:00-11:00 am
G: 9:30-11:00 am S: 9:30-11:00 am B: 9:45-11:00 am	JR 9:00-11:00 am	G: 9:30-11:00 am S: 9:30-11:00 am B: 9:45-11:00 am	No Practice	G: 9:30-11:00 am	G: 9:30-11:00 am S: 9:30-11:00 am B: 9:45-11:00 am
BG: 10:00-11:00 am	G: 9:30-11:00 am S: 9:30-11:00 am B: 9:45-11:00 am	BG: 10:00-11:00 am			BG: 10:00-11:00 am

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

Beast Mode winter break schedule begins this week. No practice on Thursday.

Coaches Corner

► Upcoming Events

- JAWS Medalfest (Jan 9-11)
 - **Registration Deadline: Monday, 12/29**
- We are excited to get our Beast Mode winter break training started this week! This is an important time of our season to prepare for all of the upcoming meets the remainder of the season!
- We still have custom caps and spirit wear ready to be picked up. Check with a staff member after practice if you have yet to get your gear!

Swimmer Spotlight

- ▶ Happy Birthday!
- ▶ **Carmalee Niehaus- 12/27**

Positive Coaching Alliance

- ▶ Parent Tip: Praise Effort, Not Performance To Motivate Kids
- ▶ Kelly Kratz, former basketball coach now youth sports parent, discusses how to properly deal with players' successes and failure. Visit positivecoach.org for more information.
- ▶ <https://www.youtube.com/watch?v=s-fpwB4Bxi4>

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