



Weekly Rundown

12-23-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 10:00-12:15 pm	HP/SR 10:00-12:15 pm	No Practice Merry Christmas!	HP/SR 10:00-12:15 pm	HP/SR 10:00-12:15 pm	HP/SR 10:00-12:15 pm
JR1/2/3 10:15-12:15 pm	JR1/2/3 10:15-12:15 pm		JR1/2/3 10:15-12:15 pm	JR1/2/3 10:15-12:15 pm	JR1/2/3 10:15-12:15 pm
G/S/B 10:45-12:15 pm	G/S/B 10:45-12:15 pm		G/S/B 10:45-12:15 pm	G 10:45-12:15 pm	G/S/B 10:45-12:15 pm

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

Winter break schedule begins this week.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (Jan 10-12)

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

- ▶ Beast Mode is here! Our winter break schedule begins this week. As a reminder, any swimmer who attends all practices will receive a t-shirt and be entered into a drawing to win prizes!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **No birthdays this week.**
- ▶ Great job to the following swimmers who are changing groups!
 - ▶ **Silver- Trey Grunow, Tristan Link, Emerson Macaulay, Gianna Sauer**

Positive Coaching Alliance

- ▶ 4 Ways Parents Can Help Their Kids Enjoy Sports
- ▶ Summer Sanders, a PCA National Advisory Board Member, made a splash at Stanford University by winning six national titles in her two years. She then went on to win two gold medals, one silver, and one bronze at the 1992 Summer Olympics. Since retiring from the sport, Sanders has served as hosted sports and entertainment shows on TV and is heavily involved in Right to Play, promoting the use of sport and play as a tool for positive childhood development. In this video, Sanders explains the key role parents play in their children's enjoyment of sport. When Sanders was a kid, she enjoyed swimming because her parents provided a support structure for her based on these principles that any parent can use.
- ▶ <https://devzone.positivecoach.org/resource/video/summer-sanders-4-ways-parents-can-help-their-kids-enjoy-sports>

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