



Weekly Rundown

12-29-2025

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 G: 9:30-11:00 am S: 9:30-11:00 am B: 9:45-11:00 am BG: 10:00-11:00 am	SR 9:00-11:00 am 3:30-5:30 pm JR 9:00-11:00 am G: 9:30-11:00 am S: 9:30-11:00 am B: 9:45-11:00 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 BG: 10:00-11:00 am	No Practice	JR & SR 9:00-11:00 am G: 9:30-11:00 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 BG: 10:00-11:00 am

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

Second week of our Beast Mode winter break schedule. No practice on Thursday.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (Jan 9-11)

- ▶ **Registration Deadline: Monday, 12/29**

- ▶ Our Beast Mode training got off to a great start last week, we are looking forward to finishing strong on week 2 this week!
- ▶ We will have a 1000 time trial during practice on Wednesday for anyone interested.
- ▶ 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!
 - ▶ Emma Orth- 1/2
- ▶ Great job to the following swimmers who recently changed groups!
 - ▶ William Cartwright- Silver
 - ▶ Nolan Hoesli- Silver

Positive Coaching Alliance

- ▶ The #1 Priority For Youth Sports Parents
- ▶ Chris Klein, Former MLS and USMNT Player, talks about how parents can affect youth sports. For more information visit positivecoach.org.
- ▶ <https://www.youtube.com/watch?v=xkqKmzzxCWs>

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