

Weekly Rundown

12-30-2024

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 Happy New Year!	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 again this week.

Coaches Corner

► Upcoming Events

► JAWS Medalfest (Jan 10-12)

► **More info to come.**

- Beast Mode is off to a great start! As a reminder, any swimmer who attends all practices will receive a t-shirt and be entered into a drawing to win prizes!
- I'd like to thank everyone for a great 2024! The team is continuing to move in a positive direction, and that is all thanks to the great staff, swimmers, and families that we have. I am looking forward to all that lies ahead in 2025. We have a lot to be excited about with the spring championships the long course season approaching. I wish everyone a happy and successful New Year!

Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ Emma Orth- 1/2

- ▶ Congratulations to Mason Afifi and Andrew Orth who were selected to the 2025 Mid-States All-Start Championships!

Positive Coaching Alliance

- ▶ The Bulldozer Parent Who Protects Their Kid From Life Lessons
- ▶ Anne Walker was named the Margot and Mitch Milias Director of Women's Golf in 2012, quickly establishing herself as one of the top college coaches in the country. Here, Walker describes the evolution of sports parents being Helicopter Parents (who always have a close watch over their kids), to Velcro Parents, to Bulldozer Parents. To Walker, Bulldozer parents do all the work for their kid because they don't want them to get hurt. They push all problems out of their kids way so their kid doesn't experience hardship. By doing this, though, kids not only avoid problems, but also miss learning crucial life lessons. Because parents are bulldozer parents, when faced with issues such as not making the starting lineup, kids will go to their parents rather than finding a strategy or putting forth more effort to succeed, which can be problematic. Walker brings this to the attention of all parents so that parents can avoid this behavior and instead let their kids experience hardship so they can learn how to solve problems on their own.
- ▶ <https://devzone.positivecoach.org/resource/video/bulldozer-parent-who-protects-their-kid-life-lessons>

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