

Weekly Rundown

12-4-2023

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 5:15-6:30 am	JR 4:45-7:00	HP/SR 5:15-6:30 am	No Practice	No Practice
G/S/B 5:30-7:00	JR 5:15-7:00	G/S/B 5:30-7:00	JR 5:15-7:00		
	G 5:30-7:00		G/S/B 5:30-7:00		
				Jingle Jamboree	Jingle Jamboree

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

No practice on Friday or Saturday due to the Jingle Jamboree. Normal schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ IU Natatorium Jingle Jamboree (December 8-10)

- ▶ **Meet Packet will be sent out later this week.**

- ▶ JAWS Medalfest (January 5-7)

- ▶ **Registration Deadline: Friday, 12/22**

- ▶ We had a great meet this past weekend at Mt. Vernon and are excited to keep that momentum rolling into the Jingle Jamboree this upcoming weekend! Be on the lookout for the Mt. Vernon Meet Recap later this week.
- ▶ Our Christmas Party will be Saturday, 12/16. We will run a brief practice with ALL GROUPS from 9:00-10:00, with a pancake breakfast and festivities to follow. More info to come.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Kenli Phillips- 12/7**
 - ▶ **Ellie Evans- 12/8**
 - ▶ **Karissa Farmer- 12/8**
- ▶ Congratulations to the following swimmers who have changed groups!
 - ▶ **Noah Hargus- Silver**

Positive Coaching Alliance

- ▶ Tips For Sportsmanship And Honoring The Game
- ▶ Parents should feel like they play an integral role in helping their youth sport organization uphold a standard of positivity and respect. At Positive Coaching Alliance, we call this behavior Honoring the Game. Coaches, parents, administrators and athletes all have a part in ensuring a level of respect and sportsmanship is upheld. Kids learn from watching others behave, and parents can influence how their children Honor the Game by making sure to do so themselves before, during and after the game.
- ▶ <https://devzone.positivecoach.org/resource/article/tips-sportsmanship-and-honoring-game>

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