

# Weekly Rundown

12-8-2025

# Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>HP/SR1/SR2</b> <b>5:15-7:30 pm</b>  <b>JR1/2/3/4</b> <b>4:45-7:00 pm</b>  <b>G: 5:30-7:00 pm</b> <b>S: 5:30-7:00 pm</b> <b>B: 5:45-7:00 pm</b>  <b>BG: 6:00-7:00 pm</b>	<b>HP/SR1/SR2</b> <b>5:15-7:30 pm</b>  <b>JR1/2/3</b> <b>5:15-7:00 pm</b>  <b>G: 5:30-7:00 pm</b>	<b>HP/SR1</b> <b>5:15-6:30 am</b> <b>5:15-7:30 pm</b>  <b>JR1/2/3/4</b> <b>4:45-7:00 pm</b>  <b>G: 5:30-7:00 pm</b> <b>S: 5:30-7:00 pm</b> <b>B: 5:45-7:00 pm</b>  <b>BG: 6:00-7:00 pm</b>	<b>HP/SR1/SR2</b> <b>5:15-7:30 pm</b>  <b>JR1/2/3/4</b> <b>5:15-7:00 pm</b>  <b>G: 5:30-7:00 pm</b> <b>S: 5:30-7:00 pm</b> <b>B: 5:45-7:00 pm</b>	<b>FRST Holiday</b> <b>Season Slam</b>	<b>FRST Holiday</b> <b>Season Slam</b>

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

Normal schedule through Thursday this week. FRST Meet Friday-Sunday.

# Coaches Corner

## ▶ Upcoming Events

- ▶ FRST Holiday Season Slam (Dec 12-14)

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

- ▶ Holiday Party (Dec 17)

- ▶ **5:30-7:00 pm**

- ▶ We had a great first mid-season meet at Mt. Vernon! Be on the lookout for the full meet recap later this week. Looking forward to our second mid-season meet at Franklin this weekend!
- ▶ Beast Mode Winter Break Training is approaching! We will have more information and the winter break practice schedule out soon.

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ Anna Fordyce- 12/13
  - ▶ Ezra Eastham- 12/14
  - ▶ Brayden Niehaus- 12/14
- ▶ Great job to the following swimmers who recently changed groups!
  - ▶ Graham Schuble- Junior 3
  - ▶ Bridge Group- Graham Briles, Kaybri Cochren, Andrew Freeman, Nathaniel Freeman, Devyn Kuehn, Abe Taylor, Jacob Reis, Abigail Schultheis

# Positive Coaching Alliance

- ▶ Joy Fawcett on Parents Seizing Teachable Moments
- ▶ Joy Fawcett -- former U.S. National Women's Soccer Team star, "Ultimate Soccer Mom" and Positive Coaching Alliance National Advisory Board Member -- on how parents can help their kids get the most out of sports.
- ▶ [https://www.youtube.com/watch?v=yF-RxW\\_pmg](https://www.youtube.com/watch?v=yF-RxW_pmg)

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