



# 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>
HP/SR1/SR2 5:15-7:30 pm	HP/SR1/SR2 5:15-7:30 pm	HP/SR1 5:15-6:30 am 5:15-7:30 pm	HP/SR1/SR2 5:15-7:30 pm		
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 4:45-7:00 pm	JR1/2/3/4 5:15-7:00 pm	FRST Holiday Season Slam	FRST Holiday Season Slam
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm  BG: 6:00-7:00 pm	G: 5:30-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm  BG: 6:00-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		

**\*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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