



Weekly Rundown

12-9-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 5:15-7:30 pm	HP/SR 5:15-7:30 pm	HP/SR 5:15-6:30 am 5:15-7:30 pm	HP/SR 5:15-7:30 pm	No Practice	No Practice
JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	Jingle Jamboree	Jingle Jamboree
G/S/B 5:30-7:00 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		

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

Normal schedule through Thursday this week.

Coaches Corner

▶ Upcoming Events

- ▶ Jingle Jamboree (Dec 13-15)
 - ▶ **More info to come.**
- ▶ JAWS Medalfest (Jan 10-12)
 - ▶ **Registration Deadline: Friday, December 27th**

- ▶ We finished up a great meet at MTV today. Be on the lookout for the full meet recap later this week!
- ▶ Our Winter Break Beast Mode Training starts on Monday, December 23rd. We strongly encourage attendance throughout break!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Anna Fordyce- 12/13
 - ▶ Rory McKim- 12/15

Positive Coaching Alliance

- ▶ Parent Tip: Praise Effort, Not Performance To Motivate Kids
- ▶ Kelly Kratz (@kellymkratz) is a Positive Coaching Alliance Lead Trainer, administering workshops for coaches, parents, athletes, and leaders since 2009. She brings a wealth of experience to PCA as a former Division-1 field hockey and lacrosse player at St. Joseph's University, former college and high school basketball coach, and high school lacrosse coach. Kelly also has a Master's degree in Guidance & Counseling and is a proud sports parent of four daughters. In this video clip, Kratz talks about the difference between empty, performance based praise and specific, effort based praise. She advises that parents build confidence in their children in sports like t-ball, swimming, or soccer by praising effort, not performance. If parents only praise performance even when a kid hasn't earned it, the kids may be quicker to give up when they don't perform well. Praising effort is more motivational for kids throughout their life and sports career.
- ▶ <https://devzone.positivecoach.org/resource/video/parent-tip-praise-effort-not-performance-motivate-kids>

Thank You to our Sponsors!



Kleen Aid

