

Weekly Rundown

2-10-2025

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 JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm	HP/SR 5:15-7:30 pm JR1/2/3 5:15-7:00 pm G 5:30-7:00 pm	HP/SR 5:15-6:30 am 5:15-7:30 pm JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm	HP/SR 5:15-7:30 pm JR1/2/3 5:15-7:00 pm G/S/B 5:30-7:00 pm	No Practice FRST Provincial Championships	No Practice FRST Provincial Championships

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

Normal schedule through Thursday this week, with the FRST Provincial Championships Friday-Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ FRST 14u Provincial Championships (Feb 14-16)
 - ▶ **Meet packet will be sent out this week.**
- ▶ SISC Championships (Feb 28-Mar 2)
 - ▶ **At Castle High School**
 - ▶ **Registration Deadline: Friday, 2/21**
- ▶ Sign ups for the Conference Meet are up! This is the last meet that does not require a qualifying time. We want to see as many of our swimmers there as possible, so make sure to get signed up!

Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ **Jane Ballard- 2/15**

- ▶ Congratulations to the following swimmers who recently changed groups!

- ▶ **Sophia Srakovic- Junior 1**

Positive Coaching Alliance

- ▶ Why Your Child Is The One Who Needs To Start The Post-Game Conversation
- ▶ Mike Brown is the current Associate Head Coach of the Golden State Warriors. Mike Brown discusses the difficulty as a parent of giving input to your student-athlete after a game or practice. He encourages parents to take a step back and allow their student-athlete to approach them for input rather than inserting themselves to let their opinion be known. While acknowledging how difficult that can be, he explains how it gives the student-athlete the chance to approach the parent to begin the discussion and improves their overall relationship. His advice to parents is, "after a game or practice, give them some space, no matter what their personality is, and it will give them the chance to love the game more."
- ▶ <https://devzone.positivecoach.org/resource/video/why-your-child-one-who-needs-start-post-game-conversation>

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