



Weekly Rundown

2-12-2024

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 5:15-7:30 pm	HP/SR 5:15-6:30 am	HP/SR 5:15-6:30 am	HP/SR 7:00-9:00 am
JR 4:45-7:00	JR 5:15-7:00	JR 4:45-7:00	JR 6:15-8:00 @UE	JR 4:45-7:00	JR 7:00-9:00 am
G/S/B 5:30-7:00	G/S/B 5:30-7:00	G/S/B 5:30-7:00		G/S/B 5:30-7:00	G 7:00-9:00 am
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00		Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00			Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45 @Downtown YMCA

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

We have a few adjustments this week due to the Boys Sectional Swim Meet.

Coaches Corner

▶ Upcoming Events

- ▶ SISC Conference Championships (February 23-25)
 - ▶ **Registration Deadline: Passed.**
- ▶ SW Indiana Divisional Championships (March 1-3)
 - ▶ **Registration Deadline: Wednesday February 21st**
- ▶ Indiana Senior State Championships (March 7-10)
 - ▶ **Registration Deadline: Wednesday February 28th**
- ▶ SW Indiana Divisional Championships (March 15-17)
 - ▶ **Registration Deadline: Wednesday March 6th**
- ▶ Thank you to everyone for working around our schedule last week. We appreciate everyone's understanding regarding these changes.
- ▶ With our last invitational taking place this past weekend in Franklin, Championship Meet Season is officially behind us. Our Conference meet is the last meet for swimmers who do not have Divisional, State, or Speed Sectional qualifying times.

Swimmer Spotlight

- ▶ Happy Birthday!
- ▶ **No Birthday's this week.**

Positive Coaching Alliance

- ▶ Sonya Curry: Take A Step Back, Don't Solve All Your Kid's Issues
- ▶ Sonya Curry is the mother of current NBA players, Seth and Stephen Curry, and daughter, Sydel. In this video, Sonya talks about as life a parent: early on, she would want to help fix all of her children's problems and be involved in solving their issues but realized that she needed to take a step back. Through experience, she explains the importance of providing children with their own space to work through issues, giving them the opportunity to learn without parental influence. By giving them their space to learn that "life isn't always fair", they grow stronger and more prepared moving towards their future lives.
- ▶ <https://devzone.positivecoach.org/resource/video/sonya-curry-take-step-back-dont-solve-all-your-kids-issues>

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