

Weekly Rundown

2-13-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	G- 5:15-7:00	TS- 5:30-6:30	JR/JRE- 6:15-8:15 (TSAC)	B- 5:15-6:30	TS- 9:00-10:00 (YMCA)
B- 5:15-6:30	JR/JRE- 4:45-7:00	B- 5:15-6:30		S- 5:15-6:45	B- 9:00-10:15
S- 5:15-6:45	SRE- 5:15-6:30 am	S- 5:15-6:45		G- 5:15-7:00	S- 9:00-10:30
G- 5:15-7:00		G- 5:15-7:00		JR/JRE- 5:15-7:00	G- 9:00-10:45
JR- 5:15-7:00 JRE- 5:15-7:30		JR- 5:15-7:00 JRE- 5:15-7:30			JR/JRE- 6:45-9:00

Notes:

SRE- Senior El., SR- Senior, JRE- Junior El., JR- Junior G- Gold, S- Silver, B- Bronze, TSD- Tiger Shark Dev.

All practices are at Deaconess Aquatic Center unless stated otherwise

Bronze and Silver practice on Thursday was moved to Friday due to Boys Sectional Prelims being hosted at the DAC, and Gold practice has been cancelled Thursday. JR and JRE practice will be held at Tri-State Athletic Club on Thursday. Tiger Sharks will practice at the Downtown YMCA Saturday.

Coaches Corner

▶ Upcoming Events

- ▶ SISC Championship (February 24-26)
 - ▶ Registration Deadline: Tuesday, 2/14
- ▶ DIV Championships (March 3-5)
 - ▶ Registration Deadline: Tuesday, 2/21
 - ▶ This is a team hosted event!

▶ Wednesday, February 15th (8:00 pm): Synergy Webinar, Routine Optimization

- ▶ We had a great meet at the RAC Winter Invite this past weekend. Be on the lookout for the meet recap this week!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Rocco Cayzedo- 2/14
 - ▶ Izzy Hamilton- 2/14
 - ▶ Will Hargett- 2/18

PCA

- ▶ A quick video this week from Summer Sanders, a two-time Olympic Gold medalist, and a PCA National Advisory Board member.
- ▶ 4 Ways Parents Can Help Their Kids Enjoy Sports:
 - ▶ <https://devzone.positivecoach.org/resource/video/summer-sanders-4-ways-parents-can-help-their-kids-enjoy-sports>
 - ▶ I like what she says about whether she had a good meet or bad meet, her family always took her out for pizza afterwards. When trying to get the athlete to understand that a “bad meet”, or even a “bad practice”, is not the end of the world, it’s important to keep those experiences the same. Whether that’s going to eat afterwards, the car ride home or anything else, be happy for them and show them your support!