



Weekly Rundown

2-17-2025

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/S/B 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	SR & JR1/2/3 7:00-8:30 pm @Downtown YMCA	HP/SR 5:15-7:00 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	SR & JR1/2/3 7:00-9:00 am

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

A few changes to the schedule this week due to Boys High School Sectionals at the DAC.

Coaches Corner

▶ Upcoming Events

- ▶ SISC Championships (Feb 28-Mar 2)
 - ▶ **At Castle High School**
 - ▶ **Registration Deadline: Friday, 2/21**
- ▶ IN Spring SW Divisional Championships (Mar 7-9)
 - ▶ **At DAC**
 - ▶ **Registration Deadline: Monday, 2/24**
- ▶ We are finishing up a great meet at Franklin! Be sure to check out the Meet Recap when it is available!
- ▶ The deadline to sign up for the Conference Meet is Friday! 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!
 - ▶ **Jack Jones- 2/23**
- ▶ Congratulations to the following swimmers who recently changed groups!
 - ▶ **Jaxon Cadden- Gold**
 - ▶ **Sutton Sensenbrenner- Gold**

Positive Coaching Alliance

- ▶ The Value Of Sports Beyond Winning
- ▶ Kayla Bashore Smedley is a former U.S. National Field Hockey team member, who played for Indiana University and competed in two Olympic Games. Through her time as an Olympian, Kayla learned valuable skills that extended beyond winning on the scoreboard. She shares these lessons here, and emphasizes the importance of balance and perspective in life. Winning is important, but it's not the end-all-be-all of sports. Just as in the rest of life, there are times when you'll win and times when you'll lose; it's important to keep that in perspective and balance.
- ▶ <https://devzone.positivecoach.org/resource/video/value-sports-beyond-winning>

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