



Weekly Rundown

2-2-2026

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1/SR2 5:15-7:30 pm	HP/SR1/SR2 5:15-7:30 pm	HP/SR1 5:15-6:30 am 5:15-7:30 pm	HP/SR1/SR2 5:15-6:30 am	HP/SR1 5:15-7:00 pm	HP/SR1 7:00-9:00 am
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 4:45-7:00 pm	JR1/2 5:15-6:30 am	JR1/2/3/4 5:15-7:00 pm	JR1/2/3/4 7:00-9:00 am
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	
BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm		BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm			

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

This schedule is dependent on weather and school cancellations. We will communicate any changes asap. Thursday through Friday have adjustments due to Girl Sectionals at the DAC this week.

Coaches Corner

▶ Upcoming Events

- ▶ WIN Cupid Splash (Feb 13-15)
 - ▶ **Registration Deadline: Friday 2/6**
- ▶ SISC Championships (Feb 27-Mar 1)
 - ▶ **Registration Deadline: Friday 2/13**

- ▶ We just finished up the Snowflake Derby and had some great swims across the entire weekend! It is always fun to see our team out in full force at our home meets! Be on the lookout for the full meet recap.
- ▶ Thank you to everyone who volunteered this weekend to help make the meet a success! We appreciate everyone's support!
- ▶ We will communicate practice changes as soon as we know them this week.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Sarah Kitch- 2/3
 - ▶ Taylor Kennedy- 2/6
 - ▶ Landon Sexton- 2/7
- ▶ Great job to the following swimmers who recently changed groups!
 - ▶ Finley Stewart- Gold
 - ▶ Amelia Taylor- Gold

Positive Coaching Alliance

- ▶ How Parents/Caregivers Can Help Athletes Build Confidence
- ▶ Sports offer powerful opportunities for young athletes to face challenges and build essential life skills. Parents and caregivers play a vital role in that growth. By focusing on your athlete's development, helping them learn from mistakes, strengthening their skills, and recognizing their unique strengths, you can nurture their confidence.
- ▶ <https://positivecoach.org/resource-zone/how-parents-caregivers-can-help-athletes-build-confidence/>

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