

Weekly Rundown

2-26-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 4:00-6:15	HP/SR 4:00-6:15	HP/SR 4:00-6:15	HP/SR 4:00-6:15	HP/SR 5:15-6:30 am	Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45
JR 4:45-7:00	JR 5:15-7:00	JR 4:45-7:00	JR 5:15-7:00	Divisionals	@Downtown YMCA
G/S/B 5:30-7:00	G 5:30-7:00	G/S/B 5:30-7:00	G/S/B 5:30-7:00		Divisionals
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			

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

Normal schedule Monday-Thursday this week. We host Divisionals Friday-Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ SW Indiana Divisional Championships (March 1-3)
 - ▶ **More info to come.**
- ▶ Indiana Senior State Championships (March 7-10)
 - ▶ **Registration Deadline: Wednesday February 28th**
- ▶ Indiana Age Group State Championships (March 15-17)
 - ▶ **Registration Deadline: Wednesday March 6th**
- ▶ Central Zone East Speedo Sectionals (March 21-24)
 - ▶ **More info to come.**

- ▶ We had an awesome weekend in Jasper at the Conference Meet, where we won the meet for the second year in a row! Our swimmers put on an amazing display of swimming and team spirit that helped us prevail over the course of the three day meet. Be on the lookout for the Meet Recap!
- ▶ Divisionals are this weekend, and we are the host! If you have yet to sign up to volunteer please do so ASAP, as we need all the help that we can get to ensure a successful meet and that we can continue to host this meet, and similar meets of its kind in the future.

Swimmer Spotlight

▶ Happy Birthday!

- ▶ **Emily Theising- 2/26**
- ▶ **Noah Walden- 2/26**
- ▶ **Max Mays- 2/27**
- ▶ **Anna Schneider- 2/28**
- ▶ **Owen Mercer- 3/1**

▶ Congratulations to the following swimmers who recently changed groups!

- ▶ **Nolan Hubiak- Junior 1**
- ▶ **Zoe Hubiak- Gold**

Positive Coaching Alliance

- ▶ How Can I Help My Son Over His Nervousness?
- ▶ This resource stems from a question submitted to the Ask PCA blog. Responses come from our experts including PCA Trainers, who lead live group workshops for coaches, parents, administrators and student-athletes. PCA Response Excerpted From Elevating Your Game by PCA Founder Jim Thompson (@JimThompson18).
- ▶ <https://devzone.positivecoach.org/resource/article/how-can-i-help-my-son-over-his-nervousness>

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