

Weekly Rundown

2-27-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30 B- 5:15-6:30 S- 5:15-6:45 G- 5:15-7:00 JR- 5:15-7:00 JRE/SR/SRE- 4:00-6:15	G- 5:15-7:00 JR- 4:45-7:00 SR/SRE- 4:00-6:15	TS- 5:30-6:30 B- 5:15-6:30 S- 5:15-6:45 G- 5:15-7:00 JR- 5:15-7:00 JRE/SR/SRE- 4:00-6:15	B- 5:15-6:30 S- 5:15-6:45 G- 5:15-7:00 JR- 4:45-7:00 SR/SRE- 4:00-6:15	No Practice DIV Meet	No Practice DIV Meet

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

Normal practice schedule Monday through Thursday this week. No practice Friday and Saturday this week due to the SISC Meet. With HS season now over JRE/SR/SRE will go back to practicing at 4:00.

Coaches Corner

▶ Upcoming Events

- ▶ DIV Championships (March 3-5)
 - ▶ Registration Deadline: Tuesday, 2/21
 - ▶ This is a team hosted event! **Volunteer sign ups have been posted.**
- ▶ Senior State (March 9-12)
 - ▶ Registration Deadline: Tuesday 2/28
- ▶ Age Group State (March 17-19)
 - ▶ Registration Deadline: Tuesday 3/7

- ▶ We had a great meet this weekend at the SISC Championships, placing 1st as a team! Be on the lookout for the Meet Recap.
- ▶ **Last practice for anyone without a state cut is Thursday.** Athletes without Divisional cuts are encouraged to continue practicing this week!
- ▶ We still have plenty of volunteer spots available for this weekend. Please make sure to get signed up. It is important that we run a successful meet to ensure that we can continue to host Divisionals, and we must have enough volunteers to do so.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Anna Schneider- 2/28
 - ▶ Owen Mercer- 3/1

PCA

- ▶ A quick video this week from Rick Davis, a PCA National Advisory Board Member and former professional soccer player.
- ▶ Rick Davis On Sports Parents' Perspective
 - ▶ <https://devzone.positivecoach.org/resource/video/rick-davis-sports-parents-perspective>
 - ▶ Athletes can feel a lot of pressure this time of year. It is important as coaches and parents that we are doing what we can to help alleviate that pressure, and keep things in perspective for the athlete.