

Weekly Rundown

2-5-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 5:30-7:30 pm	HP/SR 5:15-6:30 am @DAC	HP/SR 5:15-6:30 am @DAC	HP/SR 5:15-6:30 am @DAC	HP/SR 5:15-6:30 am @DAC	Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45 @Downtown YMCA
JR 4:45-7:00	JR 1&2 7:00-8:30 @Downtown YMCA	JR 7:00-8:30 @Downtown YMCA	JR 7:00-8:30 @Downtown YMCA	FRST Meet	FRST Meet
G/S/B 5:30-7:00					
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G/B 6:30-8:00 @Tri-State	S/B 6:30-8:00 @Tri-State	G/S 6:30-8:00 @Tri-State		

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

The GLVC Meet is in town this week. We have a normal schedule on Monday, with several changes the rest of the week. Pay important attention to the change in location for several practices.

Coaches Corner

▶ Upcoming Events

- ▶ FRST Provincial Championships (February 9-11)
 - ▶ **Meep Packet will be sent out this week.**
- ▶ SISC Conference Championships (February 23-25)
 - ▶ **Registration Deadline: Friday, 2/9**

- ▶ Thank you to everyone for your flexibility this week regarding our practice schedule. While these collegiate meets are great for the community they do provide complications with our training schedule, and we appreciate everyone's willingness to work around them.
- ▶ Our Conference Championship meet is approaching at the end of February. We strongly encourage participation at this meet for all of our swimmers for two reasons: 1) this is the last non-qualifier meet of the season, and 2) we won the conference meet last year and our goal is to repeat that again this season!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Landon Sexton- 2/7
 - ▶ Taylor Kennedy- 2/6

Positive Coaching Alliance

- ▶ Tips For Sportsmanship And Honoring The Game
- ▶ Parents should feel like they play an integral role in helping their youth sport organization uphold a standard of positivity and respect. At Positive Coaching Alliance, we call this behavior Honoring the Game. Coaches, parents, administrators and athletes all have a part in ensuring a level of respect and sportsmanship is upheld. Kids learn from watching others behave, and parents can influence how their children Honor the Game by making sure to do so themselves before, during and after the game. See this PDF for more game day tips on how parents can Honor the Game.
- ▶ <https://devzone.positivecoach.org/resource/article/tips-sportsmanship-and-honoring-game>

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