

Weekly Rundown

2-6-2023

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- 5:15-7:30	G- 7:00-8:15 Downtown YMCA JR/JRE- 6:15-8:15 Tri-State SRE- 5:15-6:30 am DAC	TS- 5:00-6:00 Downtown YMCA B/S- 7:00-8:15 Downtown YMCA JR/JRE- 6:15-8:15 Tri-State	G- 7:00-8:15 Downtown YMCA JR/JRE- 6:15-8:15 Tri-State SRE- 5:15-6:30 am DAC	JR/JRE- 4:00-6:00 Downtown YMCA RAC Meet	No Practice RAC 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

This week is the week of the GLVC Championships. We have several changes to the schedule.

Coaches Corner

▶ Upcoming Events

- ▶ RAC Winter Invite (February 10-12)
 - ▶ Registration Deadline: Monday, 1/30
- ▶ SISC Championship (February 24-26)
 - ▶ Registration Deadline: Tuesday, 2/14
- ▶ DIV Championships (March 3-5)
 - ▶ Meet info will be posted soon. This is a team hosted event!
- ▶ Tuesday February 7th: Virtual Officials Clinic, 7:00 pm
- ▶ Saturday February 11th: GLVC timing opportunity,
<https://www.signupgenius.com/go/9040948AFAD23AAFC1-glvc>
- ▶ Wednesday February 15th: Synergy Webinar, Routine Optimization
- ▶ Championship meet info will be posted soon! Last practice for non-state qualifiers will be Thursday, March 2nd. We plan on having Long Course information available before the end of the month.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ No birthdays this week.

PCA

- ▶ As a part of our new partnership with the Positive Coaching Alliance, this section of the weekly rundown will feature a quick article or video about relevant topics relating to youth sports.
- ▶ Being A Second-Goal Parent:
 - ▶ <https://devzone.positivecoach.org/resource/article/second-goal-parent%C2%AE>
 - ▶ Make sure to download the entire article at the bottom of the page
 - ▶ Check out this article which does a great job explaining the importance of keeping the bigger picture in mind, and the value of using sport as a catalyst to learn important life lessons!