



Weekly Rundown

3-11-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
JR 4:45-7:00	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
G/S/B 5:30-7:00	JR 5:15-7:00	JR 4:45-7:00	JR 5:15-7:00	AGS State	AGS State
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G 5:30-7:00	G/S/B 5:30-7:00 Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	G/S/B 5:30-7:00		

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

No HS practice on Monday, and morning practice on Friday. Normal Age Group practice through Thursday leading into Age Group State.

Coaches Corner

▶ Upcoming Events

- ▶ 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.**

- ▶ Our Seniors had a great meet at Elkhart this weekend! They represented the team well over 4 great days of racing and walk away with a lot to celebrate. We will send out a full meet recap later this week.
- ▶ We are excited to watch our Age Group State competitors this upcoming weekend at the NAT!
- ▶ This is the final week of practice for anyone without a Speedo Sectional Cut.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Bennett Huang- 3/13**
 - ▶ **Eden Bowman- 3/16**

Positive Coaching Alliance

- ▶ Empowering Conversations With Your Child
- ▶ In order to help get the most from your child's experience playing sports, it is important that parents try to engage in meaningful conversations. Talking to your children about their involvement can help foster a deeper impact from sport. It can also help children understand how the lessons and skills they are learning in sports translate to other parts of life. This is a great way to maximize your child's growth through youth sports.
- ▶ <https://devzone.positivecoach.org/resource/article/empowering-conversations-your-child>

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