



Weekly Rundown

3-17-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 3:15-5:15 pm	HP/SR 3:15-5:15 pm	HP/SR 3:15-5:15 pm	HP/SR 3:15-5:15 pm	HP/SR 3:15-5:00 pm	HP/SR 7:30-9:15 am
JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	Age Group State	PT 1-3: 9:45-10:30 am 4-8: 9:00-9:45 am
G/S/B 5:30-7:00 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		Age Group State
PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm		PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm			

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

Normal week with some adjustments to the High School practices. Age Group State Friday-Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ IN AGS Championships (Mar 21-23)

- ▶ **At IU Natatorium**

- ▶ Central East Speedo Sectional Championships (Mar 27-30)

- ▶ **At IU Natatorium**

- ▶ We just finished up a great meet at Senior State! Great job to all of our swimmers who competed! We will send out a meet recap later this week. We are looking forward to keeping the momentum rolling into Age Group State and Speedo Sectionals coming up!

Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ **Daxton Brown- 3/17**
- ▶ **Elise Vetter- 3/18**
- ▶ **Sloane Sensenbrenner- 3/19**
- ▶ **Mason Afifi- 3/20**
- ▶ **Flynn Nurrenbern- 3/20**

- ▶ Great job to the following swimmers who recently changed groups!

- ▶ **Silver- Olivia Droste**

Positive Coaching Alliance

- ▶ The Guardians Praise Process, And Parents Can, Too
- ▶ Matt Kata is a former Major League Baseball player and the Cleveland Guardians Manager of Youth Baseball Development & Initiatives. In this video, Kata discusses how parents and coaches can redefine success with their youth athletes, suggesting that they define success as the achievement of process. By achievement of process, Kata means that athletes should be rewarded for their effort in the process, whether that be mechanics or the intent with which they hit the ball. He explains that it is natural as a parent and coach to go crazy when a kid achieves an outcome (hits a ball far), but in order to truly facilitate a growth mindset, it is important to praise the effort and the process, not just the results of the process. Focusing on the process does not only help players improve more quickly, but also helps remove pressure, as there are plenty of times where kids may not succeed in their outcome, but may have used the correct process.
- ▶ <https://devzone.positivecoach.org/resource/video/guardians-praise-process-and-parents-can-too>

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