



# Weekly Rundown

3-18-2024

# Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>HP/SR</b> <b>3:15-5:30</b>  <b>Pre-Team</b> <b>5-8: 5:30-6:15</b> <b>9-12: 6:15-7:00</b>	<b>HP/SR</b> <b>3:15-5:30</b>	<b>Pre-Team</b> <b>5-8: 5:30-6:15</b> <b>9-12: 6:15-7:00</b>  <b>HP/SR</b> <b>5:30-7:00 pm</b> <b>@IU NAT</b>	<b>No</b> <b>Practice</b>  <b>Speedo</b> <b>Sectionals</b>	<b>No</b> <b>Practice</b>  <b>Speedo</b> <b>Sectionals</b>	<b>Pre-Team</b> <b>5-8: 9:45-10:30</b> <b>9-12: 9:00-9:45</b>  <b>Speedo</b> <b>Sectionals</b>

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

Only Pre-Team and Speedo Sectional qualifiers practice this week.

# Coaches Corner

## ▶ Upcoming Events

- ▶ Central Zone East Speedo Sectionals (March 21-24)

- ▶ **More info to come.**

- ▶ Our Age Group swimmers performed well at the Nat this past weekend! They represented our team in a great way and they have a lot to be proud of. We will send out a full meet recap later today.
- ▶ Registration for Long Course opens tonight. Be on the lookout for more information later today.
- ▶ This is the final week of practice for our Pre-Team and Speedo Sectional qualifiers.

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ **Sloane Sensenbrenner- 3/19**
  - ▶ **Mason Afifi- 3/20**
  - ▶ **Natalie Besing- 3/22**

# Positive Coaching Alliance

- ▶ Why Your Child Is The One Who Needs To Start The Post-Game Conversation
- ▶ Mike Brown is the current Associate Head Coach of the Golden State Warriors. Mike Brown discusses the difficulty as a parent of giving input to your student-athlete after a game or practice. He encourages parents to take a step back and allow their student-athlete to approach them for input rather than inserting themselves to let their opinion be known. While acknowledging how difficult that can be, he explains how it gives the student-athlete the chance to approach the parent to begin the discussion and improves their overall relationship. His advice to parents is, " after a game or practice, give them some space, no matter what their personality is, and it will give them the chance to love the game more.
- ▶ <https://devzone.positivecoach.org/resource/video/why-your-child-one-who-needs-start-post-game-conversation>

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