

Weekly Rundown

3-24-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 7:00-9:00 am PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm	HP/SR 7:00-9:00 am	PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm	Speedo Sectionals	Speedo Sectionals	PT 1-3: 9:45-10:30 am 4-8: 9:00-9:45 am Speedo Sectionals

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

Last week for pre-team and speedo sectional qualifiers.

Coaches Corner

▶ Upcoming Events

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

- ▶ **At IU Natatorium**

- ▶ Start of Long Course

- ▶ **Monday, April 7th**

- ▶ We just finished up a great meet at Age Group State, finishing 16th as a team! Great job to all 27 of our swimmers who competed over the course of the weekend! Be on the lookout for a full recap later this week. We have our last meet of the winter season this week with Speedo Sectionals. We are looking forward to some fast swimming at the Nat!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Bennett Engler- 3/28**
 - ▶ **Andrew Orth- 3/29**
 - ▶ **Randall Sauer- 3/30**

Positive Coaching Alliance

- ▶ Did You Win? Did You Lose? Those Are The Wrong Questions For Parents To Ask
- ▶ PCA National Advisory Board Member Carol Dweck is the Lewis and Virginia Eaton Professor of Psychology at Stanford University and author of Mindset: The New Psychology of Success. In this video, Dweck talks about the importance of having a growth mindset instead of focusing on comparing your youth athlete to the other kids and putting pressure on them to be better than everyone else. Parents need to promote the idea that winning or losing are not all or nothing concepts and that both outcomes provide learning opportunities for the next game. The questions parents should be asking their kid is: “Did you give it your all?” because that’s what matters the most.“
- ▶ <https://devzone.positivecoach.org/resource/video/did-you-win-did-you-lose-those-are-wrong-questions-parents-ask>

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