Weekly Rundown

3-25-2024

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	No Practice	No Practice	No Practice	No Practice	No Practice

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

No practice this week.

Coaches Corner

- Upcoming Events
  - First Practice:
    - **HP/SR- Monday 4/8**
    - **JR/G- Tuesday 4/9**
    - **S/B- Wednesday 4/10**
    - **Pre-Team- Monday 5/6 (Session 3)**

- Registration for Long Course is open! We are looking forward to getting back to practice in a couple of weeks. Please make sure your swimmer is registered prior to the first day of practice. In the meantime, we hope everyone enjoys some time away from the pool deck!

Swimmer Spotlight

▶ Happy Birthday!

- ▶ **Kenna Buttrum- 3/28**
- ▶ **Bennett Engler- 3/28**
- ▶ **Andrew Orth- 3/29**

▶ Great job to our Speedo Sectional competitors who competed at the Nat this past weekend! Congrats to Gabbie Irvin who made finals in the 200 BR, and Claire Coe (200 BK), Jack Jones (200 & 400 FR) and Logan Tenison (50 FR) who all broke team records during the meet!

Positive Coaching Alliance

- The Value Of Sports Beyond Winning

- Kayla Bashore Smedley is a former U.S. National Field Hockey team member, who played for Indiana University and competed in two Olympic Games. Through her time as an Olympian, Kayla learned valuable skills that extended beyond winning on the scoreboard. She shares these lessons here, and emphasizes the importance of balance and perspective in life. Winning is important, but it's not the end-all-be-all of sports. Just as in the rest of life, there are times when you'll win and times when you'll lose; it's important to keep that in perspective and balance.

- **https://devzone.positivecoach.org/resource/video/value-sports-beyond-winning**

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