



Weekly Rundown

3-3-2025

Practice Schedule

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

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

Normal week through Thursday, with Divisionals Friday-Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ IN Spring SW Divisional Championships (Mar 7-9)

- ▶ **At DAC**

- ▶ **More info to come.**

- ▶ IN SRS Championships (Mar 13-16)

- ▶ **At Pike High School**

- ▶ IN AGS Championships (Mar 21-23)

- ▶ **At IU Natatorium**

- ▶ We had a great meet at Castle this past weekend, winning the SISC Championships for the third year in a row! We were most proud of the team spirit displayed on deck, and the effort given in the water all weekend! Be on the lookout for the full meet recap, we had a ton of new cuts and best times to celebrate!

Swimmer Spotlight

▶ Happy Birthday!

▶ **Brooklyn Niehaus- 3/4**

Positive Coaching Alliance

- ▶ Discussing The "Why" Of Youth Sports With Your Child
- ▶ From our Parent Course, this article will discuss how to cheer on your athlete from the sidelines using a technique we call "No-Directions Cheering." It's disconcerting for athletes to have parents yell out instructions. Avoid giving your child advice on the sidelines by committing to No-Directions Cheering. Eliminate verbs in your cheering because you can't give advice without verbs. For example, "Pass the ball to Sarah" is a no-no because it uses the word "pass" as a verb to give directions. On the other hand, "Great pass, Sarah!" gives no directions. You're just commenting (appreciatively) on what you see Sarah doing. No-Directions Cheering is important because your child will do better if it's his game. So provide encouragement without direction – or even enjoy the game in silence. The more space you leave him to be the actor – a proactive player rather than a puppet on a string – the better.
- ▶ <https://devzone.positivecoach.org/resource/article/cheering-right-way>

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