



Weekly Rundown

3-31-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
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. Competitive Team groups will start practices back up next week.

Coaches Corner

▶ Upcoming Events

▶ Start of Long Course

▶ **Monday, April 7th**

- ▶ Our long course meet season got off to a great start this past weekend at Speedo Sectionals! We are looking forward to keeping that momentum rolling with practices starting back up next week!
- ▶ With the start of LC approaching, now is a great time to check with your swimmer on any missing or broken equipment and get that replaced!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Bryson Fordyce- 4/1**
 - ▶ **Molly Zahn- 4/1**
- ▶ Great job to all of our swimmers who competed at Speedo Sectionals this past weekend, they represented the team well!
 - ▶ **Claire Coe, Jaley Hamilton, Aubrey Hollis, Jack Jones and Wyatt Jones, and Gabbie Irvin who placed 25th in the 200 BR and 16th in the 100 BR.**
 - ▶ **This was the most swimmers we've taken to the meet as well as the first time we've taken relays!**

Positive Coaching Alliance

- ▶ The Positive Sports Parent/Caregiver
- ▶ PCA's mission is to change the culture of youth sports so that every child, regardless of social or economic circumstance, has access to a positive, equitable sports experience. Parents/Caregivers play a crucial role in ensuring these outcomes. Positive Sports Parents/Caregivers contribute to a positive youth sport culture by supporting their athlete, their athlete's coach, and the team community in a way that creates a sense of belonging.
- ▶ <https://positivecoach.org/resource-zone/the-positive-sports-parent-caregiver/>

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