

Weekly Rundown

3-4-2024

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	HP/SR 4:00-6:15	HP/SR 4:00-6:15	HP/SR 5:15-6:30 am	JR 4:45-7:00 pm	Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45
JR 4:45-7:00	JR 5:15-7:00	JR 4:45-7:00	JR 5:15-7:00	SRS State	G/S/B 9:15-10:45 am
G/S/B 5:30-7:00	G 5:30-7:00	G/S/B 5:30-7:00	G/S/B 5:30-7:00		JR 7:00-9:15 am
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00		Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	SRS State		SRS State

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

Normal schedule for the Age Group program this week. The High School schedule will run through Thursday morning before Senior State.

Coaches Corner

▶ Upcoming Events

- ▶ Indiana Senior State Championships (March 7-10)
 - ▶ **Registration Deadline: Wednesday February 28th**
 - ▶ Indiana Age Group State Championships (March 15-17)
 - ▶ **Registration Deadline: Wednesday March 6th**
 - ▶ Central Zone East Speedo Sectionals (March 21-24)
 - ▶ **More info to come.**
- ▶ Many more thanks and recognition to come in future emails and the meet recap but great job to all of our athletes who competed this weekend, and thank you to everyone who helped out over the course of the meet!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **No Birthdays this week.**

Positive Coaching Alliance

- ▶ Life Lessons From The Playing Field
- ▶ Jim Thompson is the Founder of Positive Coaching Alliance (PCA), a non-profit organization founded at Stanford University with the mission of helping to transform the culture of youth sports to give all young athletes the opportunity for a positive, character-building experience. In this article, Jim shares his 10 Life Lessons from the Playing Field that he has derived from his experience as a coach, parent and youth sports organization leader. These lessons can help all involved in youth and high school sports keep it a positive, character-building experience for kids. With a little reflection, you also can see how these lessons apply to other areas of life, such as family and career. Concepts such as looking at the big picture, permitting mistakes, and creating a team culture that fosters fair play all can contribute to success in sports and throughout all our lives.
- ▶ <https://devzone.positivecoach.org/resource/article/life-lessons-playing-field>

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