

Weekly Rundown

3-6-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
G- 5:15-7:00	G- 5:15-7:00	G- 5:15-7:00	G- 5:15-7:00	G- 5:15-7:00	
JRE/SR/SRE- 4:00-6:15	JRE/SR/SRE- 4:00-6:15	JRE/SR/SRE- 4:00-6:15	JRE- 4:00-6:15	JRE- 4:00-6:15	No Practice
			SRS Meet	SRS Meet	SRS Meet

Notes:

SRE- Senior El., SR- Senior, JRE- Junior El., JR- Junior G- Gold, S- Silver, B- Bronze, TSD- Tiger Shark Dev.
All practices are at Deaconess Aquatic Center unless stated otherwise

Practices the remaining two weeks are for athletes with state cuts. No practice Saturday.

Coaches Corner

▶ Upcoming Events

- ▶ Senior State (March 9-12)
 - ▶ More info will be sent out this week.
- ▶ Age Group State (March 17-19)
 - ▶ Registration Deadline: Tuesday 3/7

- ▶ We had a great meet this weekend at the SW Indiana Divisional Championships! We had a ton of time drops, podium finishes, and several new state qualifiers. Be on the lookout for the Meet Recap later today.
- ▶ We now look forward to watching our athletes compete at both the Senior State and Age Group State Championships. We have 27 athletes competing between the two meets!
- ▶ Huge shoutout to all those who helped volunteer this weekend! This was a huge undertaking for our team, and we put on a great meet for the SW Divisional. Thank you to everyone who helped make this a successful championship meet!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ No birthdays this week.

PCA

- ▶ A quick video this week from Alexi Lalas, a former professional soccer player and member of the USA National Team.
- ▶ 10 Things Parents Can Ask To Help Kids Learn Life Lessons From Sports
 - ▶ <https://devzone.positivecoach.org/resource/video/10-things-parents-can-ask-help-kids-learn-life-lessons-sports>
 - ▶ The great thing about sport, is there are so many lessons to be learned in both triumph and defeat. It is important as coaches and parents that we are giving our athletes the tools to make those connections. Whether the athlete was able to achieve their goals or not, we must all work together to make sure the athlete learns and grows from the situation.