

# Weekly Rundown

4-1-2024

# 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.

# 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!
  - ▶ Molly Zahn- 4/1
  - ▶ Paige Harris- 4/2
  - ▶ Jack Shumate- 4/3
  - ▶ Hank Dennis- 4/6
  - ▶ Berkley Gessing- 4/6

# Positive Coaching Alliance

- ▶ Did You Win? Did You Lose? Those Are The Wrong Questions For Parents To Ask
- ▶ PCA National Advisory Board Member Carol Dweck is the Lewis and Virginia Eaton Professor of Psychology at Stanford University and author of *Mindset: The New Psychology of Success*. In this video, Dweck talks about the importance of having a growth mindset instead of focusing on comparing your youth athlete to the other kids and putting pressure on them to be better than everyone else. Parents need to promote the idea that winning or losing are not all or nothing concepts and that both outcomes provide learning opportunities for the next game. The questions parents should be asking their kid is: “Did you give it your all?” because that’s what matters the most.“
- ▶ <https://devzone.positivecoach.org/resource/video/did-you-win-did-you-lose-those-are-wrong-questions-parents-ask>

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