

Weekly Rundown

4-14-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 3:45-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 5:15-6:30 am 4:00-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 3:15-5:30 pm	HP/SR 7:00-9:15 am
JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:00-6:15 pm	JR1/2/3 7:00-9:15 am
G/S/B 5:30-7:00 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		G/S/B 9:00-10:30 am

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

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ WIN Spring Spotlight (April 26-27)
 - ▶ **Registration Deadline: Friday, April 18th**
- ▶ FRST Early Summer Slam (May 2-4)
 - ▶ **Registration Deadline: Monday, April 21st**
- ▶ First Pre-Team Practice (Session 3)
 - ▶ **Monday, May 5th**

- ▶ We had a great first week back of practice, and we are excited to get back to work with the swimmers!
- ▶ The pool will switch to long course this week. Our SR's and JR's will train almost exclusively in the LC pool, while the elementary groups will spend about half and half training in the LC and SC pools. When the Pre-Team starts back up, they will train almost exclusively in the SC pool.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Addie Lafikes- 4/16**
- ▶ Shoutout to the following swimmers who attended the Indiana Swimming Athlete Leadership Summit for high school swimmers on Saturday!
 - ▶ **Claire Coe, Harper Haynie, Ella Hillhouse, Gabbie Irvin, Adrienne Lowe, and Ella Woods**
 - ▶ **These girls showed a commitment to their development both in and out of the water and we appreciate their dedication to helping themselves and the team grow!**

Positive Coaching Alliance

- ▶ Five Tips for Sports Parents
- ▶ Parents/Caregivers are an integral part to helping create a positive youth sports experience for their athletes. Providing athletes the support they may need to overcome challenges, feel comfortable on their team, and connect with others can make the difference in their enjoyment of the sport.
- ▶ <https://positivecoach.org/resource-zone/five-tips-for-sports-parents/>

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Kleen Aid

