



# Weekly Rundown

4-15-2024

# 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 pm	HP/SR 4:00-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 3:15-5:15	HP/SR 7:00-9:30 am
JR 4:45-7:00 pm	JR 5:15-7:00 pm	JR 4:45-7:00 pm	JR 5:15-7:00 pm	JR 4:00-6:15	JR 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 9:15-10:45 am

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

Normal schedule this week.

# Coaches Corner

## ▶ Upcoming Events

- ▶ PCA Athlete Workshop (Saturday, April 20)
  - ▶ **Will be held during regularly scheduled practice time**
- ▶ NSC Spring Spotlight (April 26-28)
  - ▶ **Registration Deadline: Friday 4/19**
- ▶ Pre-Team Session 3 Start
  - ▶ **Monday 5/6**
- ▶ PCA will be with us on Saturday running an athlete workshop during practice time. Attendance and participation is strongly encouraged.
- ▶ As we get back into the swing of things with the long course season, please check your swimmer's equipment bag and ensure that they have all of the equipment that they need on a daily basis.

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ Addie Lafikes- 4/16
  - ▶ Jordan Gehlhausen- 4/19
  - ▶ Gavin Podewils- 4/20
  - ▶ Asher Osborne- 4/21

# Positive Coaching Alliance

- ▶ Four Ways To Balance Athletic Identity
- ▶ Erica Cenci is an athlete development specialist and professional coach who works with current and former athletes as they transition throughout the various stages of their athletic careers. Cenci was Captain of the Purdue Women's Swim & Dive Team, NCAA Division I Championships Qualifier and a Big Ten Finalist. She has an ACTP certificate in Professional Coaching for Life & Work from the University of California Davis and is an Associate Certified Coach (ACC) at the International Coach Federation (ICF). Here are 4 tips to help individuals balance their athletic identity, in order to recognize: I MATTER -- ASIDE FROM MY SPORT.
- ▶ <https://devzone.positivecoach.org/resource/article/four-ways-balance-athletic-identity>

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