

Weekly Rundown

4-21-2025

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 6:15-8:00 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	WIN Spring Spotlight
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		

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

Normal schedule through Friday this week. Only the high school groups have practice on Saturday. WIN Spring Spotlight on Saturday and Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ WIN Spring Spotlight (April 26-27)
 - ▶ **Meet Packet will be sent out this week**
- ▶ FRST Early Summer Slam (May 2-4)
 - ▶ **Registration Deadline: Monday, April 21st**
- ▶ First Pre-Team Practice (Session 3)
 - ▶ **Monday, May 5th**
- ▶ Reminder to those attending the meet this weekend, that the WIN Spring Spotlight has been moved to the DAC.
- ▶ Happy Easter to everyone!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Asher Osborne- 4/21
 - ▶ Kendyl Haywood- 4/25
 - ▶ Lilly Earnest- 4/26
- ▶ Great job to the following swimmers who recently changed groups!
 - ▶ Declynn Fulton- JR1
 - ▶ Stella Droste- JR2
 - ▶ Jalyn Pace- Silver

Positive Coaching Alliance

- ▶ Supporting Athletes From the Sidelines Through Encouragement
- ▶ It's disconcerting for athletes to have parents/caregivers yell out instructions. Athletes may struggle to decipher what to do when they get instructions from the stands and from their coaches – especially if they are conflicting. Being mindful of what you are yelling to your athlete can help them better focus on the game and the strategy that the coach employs. No-Directions Cheering is important because your athlete will do better if it's their game. So, provide encouragement without direction – or even enjoy the game in silence. The more space you leave them to be the actor – a proactive player rather than a puppet on a string – the better.
- ▶ <https://positivecoach.org/resource-zone/no-directions-cheering/>

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