



# Weekly Rundown

4-22-2024

# 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 5:15-6:30 am	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	HP/SR 4:00-6:15 pm	JR 5:15-7:00 pm	NSC Spring Spotlight	NSC Spring Spotlight
G/S/B 5:30-7:00 pm	G 5:30-7:00 pm	JR 4:45-7:00 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 this week through Thursday this week. We have the NSC Spring Spotlight Friday-Sunday.

# Coaches Corner

## ▶ Upcoming Events

- ▶ NSC Spring Spotlight (April 26-28)
  - ▶ **Meet Packet will be sent out this week.**
- ▶ Pre-Team Session 3 Start
  - ▶ **Monday 5/6**
- ▶ GEVV Diesel Classic
  - ▶ **Registration Deadline: Monday, May 6<sup>th</sup>**
- ▶ We had a great PCA workshop for our athletes this weekend! Apologies for any disruption that may have been caused for them running over time. But there was a lot of great, valuable information shared, and our swimmers were engaged, interactive and learned a lot.
- ▶ Volunteer info was sent out last week and sign ups for all of our meets have been posted. Please make sure to take a look and get signed up!

# Swimmer Spotlight

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

# Positive Coaching Alliance

- ▶ Second-Goal Parent Self-Assessment
- ▶ This form helps you identify your strengths and weaknesses in adhering to PCA's model of the Second-Goal Parent®, focused less on the goal of winning and more on the goal of ensuring your children take all the life lessons and character-education they can from their youth sports experience. Portions of the form address the PCA principles of the ELM Tree of Mastery, Filling Emotional Tanks and Honoring the Game, with specific actions beneath each for you to check if you are taking those actions. A little time with this form can help you refocus on the Big Picture of how your children can use their youth sports experience to positively impact the rest of their lives.
- ▶ <https://devzone.positivecoach.org/resource/article/second-goal-parent%C2%AE-self-assessment>

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