

Weekly Rundown

4-28-2025

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	FRST Early Summer Slam
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 3:15-5:30 pm	
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	FRST Early Summer Slam	

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

Normal schedule through Thursday this week. The Juniors are welcome to join the high school group on Friday if they are able to make the practice time.

Coaches Corner

▶ Upcoming Events

- ▶ FRST Early Summer Slam (May 2-4)
 - ▶ **Meet packet will be sent out later this week.**
- ▶ GEVV Diesel Classic (May 17-18)
 - ▶ **Registration Deadline: Friday, May 9th**
- ▶ First Pre-Team Practice (Session 3)
 - ▶ **Monday, May 5th**
- ▶ We just finished up a great meet at the DAC! Be on the lookout for the full meet recap later this week.
- ▶ As a reminder to Pre-Team families, due to small group size, we will only be doing one group from 6:15-7:00 pm. If you have any questions please feel free to reach out.

Swimmer Spotlight

▶ Happy Birthday!

▶ Layla Kassenbrock- 5/1

Positive Coaching Alliance

- ▶ How Parents/Caregivers Can Incorporate Empathy Within the Sports Experience
- ▶ One of the best ways that parents/caregivers can support a positive sports culture is by incorporating empathy into their interactions with their athletes, the coach, and the team community. By showing empathy, sports parents/caregivers can help all involved in the sport program feel heard, valued, and supported no matter the challenges they face on and off the field. The following tips can help a positive sports parent/caregiver lead their interactions with empathy.
- ▶ <https://positivecoach.org/resource-zone/how-parents-caregivers-can-incorporate-empathy-within-the-sports-experience/>

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