

Weekly Rundown

4-29-2024

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 pm	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	JR 4:00-6:15 pm	JR 7:00-9:15 am
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 9:15-10:45 am
		G/S/B 5:30-7:00 pm			

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

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ Pre-Team Session 3 Start
 - ▶ **Monday 5/6**
- ▶ GEVV Diesel Classic (May 18-19)
 - ▶ **Registration Deadline: Monday, May 6th**
- ▶ FAST Summer Jam (June 7-9)
 - ▶ **Registration Deadline: Friday, May 10th**
- ▶ We had a great first meet this past weekend at NSC! We will have a full meet recap sent out later this week.
- ▶ Coach Nick and I attended the Central States Swim Clinic in Chicago this past weekend and we are excited to get back on deck with our coaches and swimmers to implement what we learned!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Layla Kassenbrock- 5/1**
- ▶ Great job to the following swimmers who have recently changed groups!
 - ▶ **Senior- Harper Haynie, Ella Hillhouse, Nolan Hubiak, Adrienne Lowe, Anna Wesselman**
 - ▶ **Junior- Avery Bryant, Ellie Evans, Kenli Phillips, Landon Sexton, Kitrick Snider, Sophia Srakovic, Molly Zahn**
 - ▶ **Bronze- Vivian Aurand, Kenna Buttrum, Asher Osborne**

Positive Coaching Alliance

▶ Cheering the Right Way

- ▶ This article will discuss how to cheer on your athlete from the sidelines using a technique we call "No-Directions Cheering." It's disconcerting for athletes to have parents yell out instructions. Avoid giving your child advice on the sidelines by committing to No-Directions Cheering. Eliminate verbs in your cheering because you can't give advice without verbs. No-Directions Cheering is important because your child 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://devzone.positivecoach.org/resource/article/cheering-right-way>

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