

Weekly Rundown

4-7-2025

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	No Practice	No Practice
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		
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.

Practice Monday-Thursday this week.

Coaches Corner

▶ Upcoming Events

▶ Start of Long Course

▶ **Monday, April 7th**

- ▶ We are looking forward to having everyone back on the pool deck this week! The pool will remain short course this week due to a Masters meet this weekend. It will be LC starting next week.
- ▶ Synergy Dryland will be visiting on Wednesday and will be testing and working with our senior and junior swimmers!
- ▶ No practice Friday or Saturday this week due to the masters meet, and Coach Jake and Coach Nick being away at an Indiana Swimming Coaches Summit.
- ▶ With the start of LC here, now is a great time to check with your swimmer on any missing or broken equipment and get that replaced!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Wyatt Lickey - 4/9**

Positive Coaching Alliance

- ▶ Parent/Caregiver 100 Point Exercise – Defining Goals with Your Athlete
- ▶ This 100-point exercise can help parents/caregivers and their children understand each other's youth sports goal. Use the form to allocate a total of 100 points, indicating the emphasis you place on the various goals listed. Parents/Caregivers and children should fill out their forms individually and use them to prompt conversation about their shared youth sports experience.
- ▶ <https://positivecoach.org/resource-zone/parent-caregiver-100-point-exercise/>

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Kleen Aid

