

Weekly Rundown

4-8-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 8:00-10:00 am	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
	JR 5:15-7:00 pm	JR 4:45-7:00 pm	JR 5:15-7:00 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.

Morning practice on Monday for the High School group. Normal schedule Tuesday-Thursday. No practice on Friday or Saturday.

Coaches Corner

▶ Upcoming Events

- ▶ PCA Athlete Workshop (Saturday, April 20)
 - ▶ **Will be held during regularly scheduled practice time**
 - ▶ NSC Spring Spotlight (April 26-28)
 - ▶ **Registration Deadline: Friday 4/19**
 - ▶ Pre-Team Session 3 Start
 - ▶ **Monday 5/6**
- ▶ We are excited to get back to practice this week! If you have yet to get your swimmer registered, please do so before their first practice.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Wyatt Lickey- 4/9
 - ▶ Trey Grunow- 4/11
 - ▶ Anna Wesselman
 - ▶ Harrison Elikofer- 4/14
 - ▶ Tenny Hayes- 4/14

Positive Coaching Alliance

- ▶ The #1 Thing For Youth Sports Parents To Remember
- ▶ Brad Stevens, is the President of Basketball Operations for the Boston Celtics and a PCA National Advisory Board Member. In this video, Stevens says that parents should always encourage kids to have fun and even argues that having fun is the #1 most important thing in youth sports. Kids don't only find passion in sports by having success or winning, but there are other takeaways, such as enjoying spending time out on the field, learning about the game, and seeing improvement (big or small).
- ▶ <https://devzone.positivecoach.org/resource/video/brad-stevens-1-thing-youth-sports-parents-remember>

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