

Weekly Rundown

5-12-2025

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 JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm PT 6:15-7:00 pm	HP/SR 4:00-6:15 pm JR1/2/3 5:15-7:00 pm G 5:30-7:00 pm	HP/SR 5:15-6:30 am 4:00-6:15 pm JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm PT 6:15-7:00 pm	HP/SR 4:00-6:15 pm JR1/2/3 5:15-7:00 pm G/S/B 5:30-7:00 pm	HP/SR 3:15-5:30 pm JR1/2/3 4:00-6:15 pm	GEVV Diesel Classic

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

Normal schedule through Friday this week. The Diesel Classic is Saturday and Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Diesel Classic (May 17-18)
 - ▶ **Meet Packet will be sent out later this week.**
- ▶ FAST Summer Jam (June 6-8)
 - ▶ **Registration Deadline: Friday, May 16th**

- ▶ We have a few more volunteer spots available for the upcoming meet this weekend. If you have yet to get signed up, please take a look and get signed if you are available. As a reminder, the hour requirement for Long Course is 12 hours.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Harper Haynie- 5/12**
 - ▶ **Amelia Taylor- 5/15**

Positive Coaching Alliance

- ▶ Positive Sport Parent/Caregiver Self-Assessment: Supporting My Athlete
- ▶ PCA believes there are two primary goals in youth sports: striving to win and, more importantly, teaching life lessons that help kids develop into the best people they can be. As important as winning may seem, a positive sports parent/caregiver lets coaches and athletes worry about the first goal of scoreboard results. A positive sports parent/caregiver has a more important role to play: ensuring that children take away lessons that will help them succeed in life.
- ▶ <https://positivecoach.org/resource-zone/positive-sport-parent-caregiver-self-assessment/>

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Kleen Aid

