



Weekly Rundown

5-19-2025

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	HP/SR 7:00-9:15 am
JR1/2/3 4:45-6:30 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 4:00-6:15 pm	JR1/2/3 7:00-9:15 am
G/S/B 5:30-6:30 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		G/S/B 9:00-10:30 am
PT 5:45-6:30 pm		PT 6:15-7:00 pm			PT 9:45-10:30 am

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

Practices on Monday will let out at 6:30 for Elementary and Middle School groups, and the Pre-Team time has been moved up. Normal schedule otherwise this week.

Coaches Corner

▶ Upcoming Events

- ▶ FAST Summer Jam (June 6-8)
 - ▶ **Registration Deadline: Friday, May 16th**
- ▶ GEVV Shark Bait Showdown (June 20-22)
 - ▶ **Registration Deadline: Friday, June 13th**
- ▶ NOB Enchanted Forest (June 27-29)
 - ▶ **Registration Deadline: Friday May 23rd**

- ▶ We had a great meet this weekend at the DAC! Be on the lookout for the full meet recap later this week.
- ▶ We will not be having any practices on Memorial Day, Monday, May 26th.

Swimmer Spotlight

▶ Happy Birthday!

▶ **Kingston Schneider- 5/23**

Positive Coaching Alliance

- ▶ Athlete Nutrition Tips for Long Summer Days
- ▶ For youth athletes, the longest days of the year involve day-long tournaments, two-a-day practices, tough conditioning camps, and generally being out in the heat from sun up to sun down. Follow the tips below to provide your athlete with the proper nutrition to fuel them through summer days.
- ▶ <https://positivecoach.org/resource-zone/athlete-nutrition-tips-for-long-summer-days/>

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