



Weekly Rundown

5-27-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
No Practice Happy Memorial Day!	HP/SR 7:00-9:15 am	HP/SR 7:00-9:15 am 3:00-4:45 pm	HP/SR 7:00-9:15 am	HP/SR 7:00-9:15 am	HP/SR 7:00-9:30 am
	JR 7:00-9:15 am	JR 7:00-9:15 am	JR 7:00-9:15 am	JR 7:00-9:15 am	JR 7:00-9:15 am
	JR1 3:30-5:15 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		G/S/B 9:15-10:45 am
	G 5:30-7:00 pm	Pre-Team 5:30-6:15 pm			Pre-Team 9:15-10:00 am

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

This is the first week of our summer schedule. The primary practices for JR and SR shift to the morning. No practice on Monday due to Memorial Day. Regular schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ FAST Summer Jam (June 7-9)

- ▶ **More info to come**

- ▶ GEVV Shark Bait Showdown (June 21-23)

- ▶ **Registration Deadline: Monday, June 10th**

- ▶ No practice on Monday, May 27 for all groups. Starting Tuesday, May 28 we will begin our summer practice schedule.
- ▶ On Wednesday, there is a YMCA event from 3:30-5:30 pm. Please expect the parking lot to be busy around those times.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Isaac Lickey- 5/27
 - ▶ Oliver Kress- 6/1
- ▶ Great job to the following swimmers who have recently changed groups!
 - ▶ Silver- Finley Stewart
 - ▶ Gold- Mallie Benton
 - ▶ Junior- Sloane Sensenbrenner, Eli Wilson
 - ▶ Junior 2- Chloe Ambrose
 - ▶ Junior 1- Josie Schmidt

Positive Coaching Alliance

- ▶ How Parents Who Focus On The Big Picture Help Their Youth Athletes
- ▶ It is all-too-easy for coaches, sports parents and athletes alike to catastrophize mistakes and setbacks. A focus on the big picture can help avoid that pitfall. In this video, former Stanford University gymnast and coach Larissa Fontaine recalls her mother consistently reminding her of long-term goals that put short-term obstacles in perspective. Key to the message: no blind optimism, rose-colored glasses or other illusions. Fontaine describes her mother acknowledging the mistake, obstacle or setback, but then reminding her that all those apparent negatives may just mean a different path to the greater objectives of sport pursued for development as an athlete and as a complete person. The consistent, unwavering message focused on the learning available and the joy still taken from the journey, regardless of short-term results.
- ▶ <https://devzone.positivecoach.org/resource/video/how-parents-who-focus-big-picture-help-their-youth-athletes>

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