

Weekly Rundown

5-29-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice Happy Memorial Day!	G- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 7:00-9:15 am SRE- 3:15-5:00 pm	TS- 5:30-6:30 B- 5:15-6:30 S- 5:15-6:45 G- 5:15-7:00 JR- 5:15-7:00 JRE/SR/SRE- 7:00-9:15 am	B- 5:15-6:30 S- 5:15-6:45 G- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 7:00-9:15 am SRE- 3:15-5:00 pm	JR/JRE/SR/SRE- 7:00-9:15 am	JR/JRE/SR/SRE- 7:00-9:15 JAWS Meet

Notes:

SRE- Senior El., SR- Senior, JRE- Junior El., JR- Junior G- Gold, S- Silver, B- Bronze, TSD- Tiger Shark Dev.

All practices are at Deaconess Aquatic Center unless stated otherwise

The full summer schedule begins this week. No practice on Monday due to Memorial Day. Only JRE/SR/SRE will practice Saturday due to the Jasper meet.

Coaches Corner

▶ Upcoming Events

- ▶ JET Invitational (June 3-4)
 - ▶ **Meet Packet will be sent out later this week.**
- ▶ GREAT Shark Bait Showdown (June 23-25)
 - ▶ **Registration Deadline: Monday, 6/12**
- ▶ NOB Enchanted Forest (July 7-9)
 - ▶ **Registration Deadline: Passed**
 - ▶ **We can make adjustments and additions to our entries through July 1st.**

- ▶ On Wednesday this week, the DAC will be hosting a family day for the YMCA. Please plan for the parking lot and facility to be busy during practice that evening.
- ▶ We are excited to see our swimmers compete at the JET Invitational this weekend! There are some potential changes to the timelines this weekend. As soon as we have updated meet information we will get the meet packet sent out. If you have a swimmer attending be on the lookout for it!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Oliver Kress- 6/1

PCA

- ▶ A quick video this week from AJ Johnson, a former professional football player and current Chapter Executive Director for PCA in Houston. In this video, Johnson discusses the role that parents play in the student-athlete experience. As a sports parent himself, Johnson's biggest frustration with other sports parents is putting added pressure on to a kid when it's time for their kid to compete. To Johnson, it's ok if your kid isn't batting first in the lineup or in the starting five, as long as they are enjoying themselves. Parents need to be ok letting go and letting it be the kids experience, rather than it be their own. Often, parents put unnecessary pressure because they want something different from a kid than what they want themselves. Instead, parents should look at what a kid wants and needs from them rather than having their kid serve their own needs.
- ▶ Sports Parents Need To Address Kids Needs, Not The Other Way Around
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parents-need-address-kids-needs-not-other-way-around>