



Weekly Rundown

5-5-2025

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 4:45-7:00 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 5:30-7:00 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		G/S/B 9:00-10:30 am
PT 6:15-7:00 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.

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Diesel Classic (May 17-18)

- ▶ **Registration Deadline: Friday, May 9th**

- ▶ FAST Summer Jam (June 6-8)

- ▶ **Registration Deadline: Friday, May 16th**

- ▶ We just finished up a great meet at Franklin! Be on the lookout for the full meet recap later this week.
- ▶ We are excited to have the Pre-Team starting back up this week! As a reminder, we have combined the groups into one for this session and will be using the later time slot for each practice.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Finley Stewart- 5/6**
 - ▶ **Reed Duckworth- 5/8**

Positive Coaching Alliance

- ▶ Helping Athletes Identify Life Skills Through Watching Sports
- ▶ While participating in a positive sports experience can help athletes access the many benefits that sports can provide, they can also gain valuable insight, perspective, and life skills by watching them. A caring adult in an athlete's life (whether sports parents/caregivers or coaches) can play a critical role in helping athletes identify and critically think about what they are watching. Below is advice on what to look for and how to watch sports in a way that helps athletes draw out life skills.
- ▶ <https://positivecoach.org/resource-zone/helping-athletes-identify-life-skills-through-watching-sports/>

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