

Weekly Rundown

5-6-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 4:00-6:15 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 3:15-5:15 pm	HP/SR 7:00-9:30 am
JR 4:45-7:00 pm	JR 5:15-7:00 pm	JR 4:45-7:00 pm	JR 5:15-7:00 pm	JR 4:00-6:15 pm	JR 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 9:15-10:45 am
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00		Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00			Pre-Team 5-8: 10:00-10:45 9-12: 9:15-10:00

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

Normal schedule this week. Pre-Team starts back up with Session 3.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Diesel Classic (May 18-19)
 - ▶ **Registration Deadline: Monday, May 6th**
- ▶ FAST Summer Jam (June 7-9)
 - ▶ **Registration Deadline: Friday, May 10th**

- ▶ Pre-Team Session 3 starts back up this week. We are excited to have our Pre-Team back in the water!
- ▶ The deadline to get signed up for our next two meets are both this week.
- ▶ Our Saturday 10 & Under clinics have gotten off to a great start. We strongly encourage you getting your swimmer to practice on Saturday's to get some dedicated time on starts and turns.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Finley Stewart- 5/6**
 - ▶ **Wyatt Mueth- 5/8**
 - ▶ **William Cartwright- 5/12**
 - ▶ **Harper Haynie- 5/12**

- ▶ Great job to the following swimmers who have recently changed groups!
 - ▶ **Junior- Chloe Ambrose**
 - ▶ **Gold- Tate Garrett, Oliver Kress, Isaac Lickey**
 - ▶ **Bronze- Harper Kuehn**

Positive Coaching Alliance

- ▶ The Guardians Praise Process, And Parents Can, Too
- ▶ Matt Kata is a former Major League Baseball player and the Cleveland Guardians Manager of Youth Baseball Development & Initiatives. In this video, Kata discusses how parents and coaches can redefine success with their youth athletes, suggesting that they define success as the achievement of process. By achievement of process, Kata means that athletes should be rewarded for their effort in the process, whether that be mechanics or the intent with which they hit the ball. He explains that it is natural as a parent and coach to go crazy when a kid achieves an outcome (hits a ball far), but in order to truly facilitate a growth mindset, it is important to praise the effort and the process, not just the results of the process. Focusing on the process does not only help players improve more quickly, but also helps remove pressure, as there are plenty of times where kids may not succeed in their outcome, but may have used the correct process.
- ▶ <https://devzone.positivecoach.org/resource/video/guardians-praise-process-and-parents-can-too>

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