

Weekly Rundown

5-8-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	G- 5:15-7:00	TS- 5:30-6:30	B- 5:15-6:30	G- 5:15-7:00	TS- 9:00-10:00
B- 5:15-6:30	JR- 4:45-7:00	B- 5:15-6:30	S- 5:15-6:45	JR- 5:15-7:00	B- 9:00-10:15
S- 5:15-6:45	JRE/SR/SRE- 4:00-6:15	S- 5:15-6:45	G- 5:15-7:00	JRE/SR/SRE- 4:00-6:15	S- 9:00-10:30
G- 5:15-7:00		G- 5:15-7:00	JR- 4:45-7:00		G- 9:00-10:30
JR- 5:15-7:00		JR- 5:15-7:00	JRE/SR/SRE- 4:00-6:15		JR/JRE/SR/SRE- 7:00-9:15
JRE/SR/SRE- 4:00-6:15		JRE/SR/SRE- 4:00-6:15			

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

Normal practice schedule this week. Only one small adjustment on Saturday, Gold will let out at 10:30.

Coaches Corner

▶ Upcoming Events

- ▶ JET Invitational (June 3-4)
 - ▶ **Registration Deadline: Monday, 5/22**
- ▶ GREAT Shark Bait Showdown (June 23-25)
 - ▶ **Registration Deadline: Monday, 6/12**
- ▶ NOB Enchanted Forest (July 7-9)
 - ▶ **Registration Deadline: Saturday, 5/13**
 - ▶ Make sure to get your swimmer signed up before the end of the weekend! We need to get our entries in early to ensure our place in the meet. Updates can be made as we get closer.
- ▶ Our Long Course meet season got off to a great start this past weekend at the FAST 500! Be on the lookout for the Meet Recap.
- ▶ We are excited to have our first PCA Workshops this Saturday at the DAC. We will be having our first two workshops with the board and coaching staff, with more workshops to come at a later date!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ William Cartwright- 5/12
 - ▶ Harper Haynie- 5/12

PCA

- ▶ A video this week from Kelly Kratz, who is a PCA Lead Trainer and was a former college athlete and coach.
- ▶ Parent Tip: Praise Effort, Not Performance To Motivate Kids
 - ▶ <https://devzone.positivecoach.org/resource/video/parent-tip-praise-effort-not-performance-motivate-kids>
 - ▶ A great video this week regarding specific v empty praise. She specifically references the sport of swimming and praising effort over winning/losing or adding/cutting time. An important message when we think about our athletes and the pressure to win or cut time. It is important to consistently acknowledge the hard work and effort that goes into their progression and development.