



Weekly Rundown

6-10-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 7:00-9:15 am	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	JR 7:00-9:15 am
G/S/B 5:30-7:00 pm	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
Pre-Team 5:30-6:15 pm	G 5:30-7:00 pm	Pre-Team 5:30-6:15 pm			Pre-Team 9:15-10:00 am
JR/SR 5:15-7:00 pm					

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

Normal schedule this week. The only adjustment is that we are offering a time in the evening on Monday for JRs and SRs who swam on Sunday at Fishers to attend in the evening if they prefer.

Coaches Corner

▶ Upcoming Events

- ▶ Olympic Trials Training Trip (June 16-17)
 - ▶ **Itinerary and trip info has been emailed out**
- ▶ GEVV Shark Bait Showdown (June 21-23)
 - ▶ **Registration Deadline: Monday, June 10th**
- ▶ NSC Summer Showdown (July 6-7)
 - ▶ **Registration Deadline: Wednesday June 26th**
- ▶ We had a great couple of meets this weekend! Make sure to check out the recap when it gets sent out to see how everyone did.
- ▶ We are still in need of several volunteers for the Shark Bait Showdown. If you have yet to do so, please get signed up asap.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Brinkley Wedel- 6/14**
- ▶ Great job to Gabbie Irvin, Jack Jones, and Logan Tenison who got the opportunity to compete in the Trials pool at the Stadium Splash! It was a great experience for everyone involved!

Positive Coaching Alliance

- ▶ Here's What Happens When Parents Remove Pressure From The Sidelines
- ▶ Jesse Mermuys is an Assistant Coach for the Sacramento Kings. Before joining the Kings, Mermuys was the Assistant Coach of the Lakers, and before that, Head Coach and Assistant GM of the Toronto Raptors D-League basketball team, the Raptors 905. In Mermuys' vast coaching experience at every level, players tend to put more pressure on themselves than they need to. Because kids are already putting so much pressure on themselves, Mermuys' advises that parents and coaches limit the amount of pressure they put on an athlete. When parents sit in the stands and just watch their kid play, and simply make a few positive comments after the game, the kids tend to play with more joy, make fewer mistakes, and perform better. The better job coaches and parents can do to reduce pressure, the more likely it is that kids will perform well.
- ▶ <https://devzone.positivecoach.org/resource/video/heres-what-happens-when-parents-remove-pressure-sidelines>

Thank You to our Sponsors!

