



Weekly Rundown

6-12-2023

Practice Schedule

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

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

No changes to the schedule this week.

Coaches Corner

- ▶ Upcoming Events
 - ▶ GREAT Shark Bait Showdown (June 23-25)
 - ▶ **Registration Deadline: Monday, 6/12**
 - ▶ **Volunteer sign ups will be posted this week!**
 - ▶ NOB Enchanted Forest (July 7-9)
 - ▶ **Registration Deadline: Passed**
 - ▶ **We can make adjustments and additions to our entries through July 1st.**
 - ▶ NSC Summer Showdown (July 14-16)
 - ▶ **Registration Deadline: Monday, 7/3**
- ▶ We will have volunteer sign ups for the Shark Bait Showdown posted at 9:30 am Tuesday. Make sure to get signed up! This is one of the primary ways to fulfill service hour requirements for the summer.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Emry Smith- 6/13

PCA

- ▶ Geoff Loomis is the head coach of the University of Portland baseball program. Loomis speaks about the benefits parents should get and see from their children playing sport—rather than emphasis on winning and playing for elite teams, parents should realize the lessons their children learn and opportunities for growth provided by playing sports. But as a father himself, he says that the best benefit is simply having your child play a sport they love, their passion staying alive alone without the influence of parents.
- ▶ Sports Parents Reap The Benefits When Their Kids Love Sports
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parents-reap-benefits-when-their-kids-love-sports>