



# Weekly Rundown

6-19-2023

# Practice Schedule

| Monday                                                                                                                                                   | Tuesday                                                                                                        | Wednesday                                                                                                                                                | Thursday                                                                                                                                                     | Friday                             | Saturday                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|------------------------------------------------------|
| <b>TS- 5:30-6:30</b><br><b>B- 5:15-6:30</b><br><b>S- 5:15-6:45</b><br><b>G- 5:15-7:00</b><br><b>JR- 5:15-7:00</b><br><br><b>JRE/SR/SRE- 7:00-9:15 am</b> | <b>G- 5:15-7:00</b><br><b>JR- 4:45-7:00</b><br><br><b>JRE/SR/SRE- 7:00-9:15 am</b><br><b>SRE- 3:15-5:00 pm</b> | <b>TS- 5:30-6:30</b><br><b>B- 5:15-6:30</b><br><b>S- 5:15-6:45</b><br><b>G- 5:15-7:00</b><br><b>JR- 5:15-7:00</b><br><br><b>JRE/SR/SRE- 7:00-9:15 am</b> | <b>B- 5:15-6:30</b><br><b>S- 5:15-6:45</b><br><b>G- 5:15-7:00</b><br><b>JR- 4:45-7:00</b><br><br><b>JRE/SR/SRE- 7:00-9:15 am</b><br><b>SRE- 3:15-5:00 pm</b> | <b>JR/JRE/SR/SRE- 7:00-9:15 am</b> | <b>No Practice</b><br><br><b>Shark Bait Showdown</b> |

## 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 practice Saturday due to the Shark Bait Showdown. No other 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 have been posted!**
  - ▶ NOB Enchanted Forest (July 7-9)
    - ▶ **Registration Deadline: Passed**
    - ▶ **We can make adjustments and additions to our entries through July 1<sup>st</sup>.**
  - ▶ NSC Summer Showdown (July 14-16)
    - ▶ **Registration Deadline: Monday, 7/3**
- ▶ We've got 14 teams joining us at the Shark Bait Showdown this weekend! Make sure to get signed up to volunteer. We still have several spots available, and this is one of the primary ways to fulfill service hour requirements for the summer.

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ Jaxon Cook- 6/21
  - ▶ Ella Woods- 6/22

# PCA

- ▶ 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.
- ▶ Here's What Happens When Parents Remove Pressure From The Sidelines
- ▶ <https://devzone.positivecoach.org/resource/video/heres-what-happens-when-parents-remove-pressure-sidelines>