



Weekly Rundown

6-2-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 6:45-9:00 am	HP/SR 6:45-9:00 am 3:45-5:30 pm	HP/SR 6:45-9:00 am	HP/SR 6:45-9:00 am 3:45-5:30 pm	HP/SR 6:45-9:00 am	HP/SR 7:00-9:15 am
JR1/2/3 6:45-9:00 am	JR1/2/3 6:45-9:00 am	JR1/2/3 6:45-9:00 am 3:45-5:30 pm (JR1)	JR1/2/3 6:45-9:00 am	JR1/2/3 6:45-9:00 am	FAST Summer Jam
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	FAST Summer Jam	
PT 6:15-7:00 pm		PT 6:15-7:00 pm			

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

Normal practice through Friday this week. Saturday will be Seniors only. The FAST Summer Jam is Friday-Sunday.

Coaches Corner

▶ Upcoming Events

- ▶ FAST Summer Jam (June 6-8)
 - ▶ **Meet Packet will be sent out later this week.**
- ▶ GEVV Shark Bait Showdown (June 20-22)
 - ▶ **Registration Deadline: Friday, June 13th**
- ▶ NOB Enchanted Forest (June 27-29)
 - ▶ **More info to come.**

- ▶ Check your emails for more info on the GoSwim app and get signed up if you have yet to already!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Kathryn Link- 6/8**

Positive Coaching Alliance

- ▶ The Positive Sports Parent/Caregiver
- ▶ PCA's mission is to change the culture of youth sports so that every child, regardless of social or economic circumstance, has access to a positive, equitable sports experience. Parents/Caregivers play a crucial role in ensuring these outcomes. Positive Sports Parents/Caregivers contribute to a positive youth sport culture by supporting their athlete, their athlete's coach, and the team community in a way that creates a sense of belonging.
- ▶ <https://positivecoach.org/resource-zone/the-positive-sports-parent-caregiver/>

Thank You to our Sponsors!

