



Weekly Rundown

6-23-2025

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 JR1/2/3 6:45-9:00 am G/S/B 5:30-7:00 pm PT 6:15-7:00 pm	HP/SR 6:45-9:00 am 3:45-5:30 pm JR1/2/3 6:45-9:00 am G 5:30-7:00 pm	HP/SR 6:45-9:00 am JR1/2/3 6:45-9:00 am 3:45-5:30 pm (JR1) G/S/B 5:30-7:00 pm PT 6:15-7:00 pm	HP/SR 6:45-9:00 am 3:45-5:30 pm JR1/2/3 6:45-9:00 am G/S/B 5:30-7:00 pm INDY Summer Cup	No Practice INDY Summer Cup NOB Enchanted Forest	No Practice INDY Summer Cup NOB Enchanted Forest

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

Normal schedule through Thursday this week. No practice on Friday or Saturday due to the meets.

Coaches Corner

▶ Upcoming Events

- ▶ INDY Summer Cup (June 25-28)

- ▶ **More info to come.**

- ▶ NOB Enchanted Forest (June 27-29)

- ▶ **More info to come.**

- ▶ We just finished up a great meet at the DAC this past weekend! Be on the lookout for the full meet recap to see how everyone did!

Swimmer Spotlight

▶ Happy Birthday!

▶ Cassidy Diehl- 6/24

Positive Coaching Alliance

- ▶ How Parents/Caregivers Can Incorporate Empathy Within the Sports Experience
- ▶ One of the best ways that parents/caregivers can support a positive sports culture is by incorporating empathy into their interactions with their athletes, the coach, and the team community. By showing empathy, sports parents/caregivers can help all involved in the sport program feel heard, valued, and supported no matter the challenges they face on and off the field. The following tips can help a positive sports parent/caregiver lead their interactions with empathy.
- ▶ <https://positivecoach.org/resource-zone/how-parents-caregivers-can-incorporate-empathy-within-the-sports-experience/>

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