

Weekly Rundown

6-26-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JRE/SR/SRE- 7:00-9:15 am	G- 5:15-7:00 JR- 4:45-7:00	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	B- 5:15-6:30 S- 5:15-6:45 G- 5:15-7:00 JR- 4:45-7:00	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
No PM practice	JRE/SR/SRE- 7:00-9:15 am SRE- 3:15-5:00 pm	JRE/SR/SRE- 7:00-9:15 am	JRE/SR/SRE- 7:00-9:15 am SRE- 3:15-5:00 pm		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 practice PM practices on Monday. Normal schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ 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**
- ▶ IN Senior State Championships (July 13-16)
 - ▶ **Registration Deadline: Wednesday, 7/5**
- ▶ IN Age Group State Championships (July 21-23)
 - ▶ **Registration Deadline: Wednesday, 7/12**

- ▶ We had an awesome meet this weekend at the DAC! We had great swims and got good feedback from our visiting teams. Be on the lookout for the full meet recap tomorrow. Thank you to everyone who helped make the meet a success!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Stephen Linge- 6/26
 - ▶ Dawson Maurer- 6/28
 - ▶ Brendan Ulewicz- 6/28

PCA

- ▶ Former Stanford University Gymnast Shelly Goldberg explains a frequent interpersonal dynamic between youth athletes and their parents: the sports parent wants to know everything right away after a practice or competition, but the child just wants to decompress. The best conversations she had, those in which she opened up most to her parents, were those where her parents let her control the conversation. Once engaged in those types of conversations, Goldberg was most open to learning about determination, overcoming adversity and other life lessons and character traits that would help her succeed in the gym and beyond.
- ▶ Sports Parenting Advice: Let Your Child Control Conversations
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parenting-advice-let-your-child-control-conversations>