

# Weekly Rundown

6-3-2024

# Practice Schedule

| <u>Monday</u>            | <u>Tuesday</u>        | <u>Wednesday</u>                                   | <u>Thursday</u>                        | <u>Friday</u>      | <u>Saturday</u>                                |
|--------------------------|-----------------------|----------------------------------------------------|----------------------------------------|--------------------|------------------------------------------------|
| HP/SR<br>7:00-9:15 am    | HP/SR<br>7:00-9:15 am | HP/SR<br>7:00-9:15 am<br>2:45-4:30 pm<br>@REC Pool | HP/SR<br>6:15-8:30 am<br>@REC Pool     | No<br>Practice     | Pre-Team<br>9:15-10:00 am<br>@Downtown<br>YMCA |
| JR<br>7:00-9:15 am       | JR<br>7:00-9:15 am    | JR<br>7:00-9:15 am                                 | JR<br>2:15-4:30 pm<br>@REC Pool        | FAST Summer<br>Jam | FAST Summer<br>Jam                             |
| G/S/B<br>5:30-7:00 pm    | JR1<br>3:30-5:15 pm   | G/S/B<br>5:30-7:00 pm<br>@Rec Pool                 | G<br>7:00-8:30 pm<br>@Downtown<br>Ymca |                    |                                                |
| Pre-Team<br>5:30-6:15 pm | G/S/B<br>5:30-7:00 pm | Pre-Team<br>5:30-6:15 pm<br>@Downtown<br>YMCA      |                                        |                    |                                                |

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

Several changes to the schedule this week due to the competition pool closure.

# Coaches Corner

## ▶ Upcoming Events

- ▶ FAST Summer Jam (June 7-9)
  - ▶ **Meet Packet will be sent out this week**
- ▶ Olympic Trials Training Trip (June 16-17)
  - ▶ **More info to come**
- ▶ GEVV Shark Bait Showdown (June 21-23)
  - ▶ **Registration Deadline: Monday, June 10<sup>th</sup>**

- ▶ We still have a lot of volunteer positions available for the Shark Bait Showdown at the end of the month. Please take a look and get signed up soon!

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ **Kathryn Link- 6/8**
- ▶ Great job to the following swimmers who have recently changed groups!
  - ▶ **Amelia Talyor- Silver**
  - ▶ **Jacob Aurand- Junior 1**
  - ▶ **Wyatt Lickey Junior 1**

# Positive Coaching Alliance

- ▶ Joy Fawcett: Parents, Let The Coaches Coach!
- ▶ Joy Fawcett is a former U.S. National Women's Soccer Team star, two-time World Cup Champion and three-time Olympic medalist. A member of PCA's National Advisory Board, she holds the record as the highest-scoring defender in USWNT history and has a team-record 239 caps. In this video, Fawcett discusses the importance of parents letting their kids' coaches coach. As a former player and coach it was difficult for Fawcett not to give her children instructions while they were on the field. Eventually, she realized it is confusing for players to take instructions from both their coaches and their parents. As a parent it is imperative to remain positive, supportive, and "let the kids just play" to create a beneficial sport experience.
- ▶ <https://devzone.positivecoach.org/resource/video/joy-fawcett-parents-let-coaches-coach>

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