



Weekly Rundown

6-30-2025

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	No Practice Happy 4th of July!	HP/SR 7:00-9:15 am JR1/2/3 7:00-9:15 am G/S/B 9:00-10:30 am PT 9:45-10:30 am

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

Normal schedule this week with the exception of Friday. No practice on Friday due to 4th of July.

Coaches Corner

▶ Upcoming Events

- ▶ WIN Summer Showdown (July 12-13)
 - ▶ **More info to come.**
- ▶ Indiana Swimming Senior State (July 16-20)
 - ▶ **Registration Deadline: Monday, July 7th**
- ▶ Indiana Swimming Age Group State (July 24-27)
 - ▶ **Registration Deadline: Monday, July 14th**

- ▶ We had two great meets this weekend, both at the Indy Summer Cup and Noblesville Enchanted Forest! Be on the lookout for the full meet recap to see how everyone did!
- ▶ We will update everyone asap on the WIN meet, and alternate plans should it not be held due the pool being closed currently.

Swimmer Spotlight

▶ Happy Birthday!

▶ **Amelia Earles- 7/6**

Positive Coaching Alliance

- ▶ Helping Athletes Identify Life Skills Through Watching Sports
- ▶ While participating in a positive sports experience can help athletes access the many benefits that sports can provide, they can also gain valuable insight, perspective, and life skills by watching them. A caring adult in an athlete's life (whether sports parents/caregivers or coaches) can play a critical role in helping athletes identify and critically think about what they are watching. Below is advice on what to look for and how to watch sports in a way that helps athletes draw out life skills.
- ▶ <https://positivecoach.org/resource-zone/helping-athletes-identify-life-skills-through-watching-sports/>

Thank You to our Sponsors!

