

Weekly Rundown

6-9-2025

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	JR1/2/3 7:00-9:15 am
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		G/S/B 9:00-10:30 am
PT 6:15-7:00 pm		PT 6:15-7:00 pm			PT 9:45-10:30 am

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

Regular practice schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ GEVV Shark Bait Showdown (June 20-22)

- ▶ **Registration Deadline: Friday, June 13th**

- ▶ INDY Summer Cup (June 25-28)

- ▶ **More info to come.**

- ▶ NOB Enchanted Forest (June 27-29)

- ▶ **More info to come.**

- ▶ We are finishing up a great meet at the FAST Summer Jam in Fishers! Be on the lookout for the full meet recap later this week.
- ▶ Make sure to get signed up to volunteer at the Shark Bait Showdown! We still have a lot of spots left to fill.

Swimmer Spotlight

- ▶ Happy Birthday!
- ▶ **No Birthdays this week.**

Positive Coaching Alliance

- ▶ Five Tips for Sports Parents
- ▶ Parents/Caregivers are an integral part to helping create a positive youth sports experience for their athletes. Providing athletes the support they may need to overcome challenges, feel comfortable on their team, and connect with others can make the difference in their enjoyment of the sport.
- ▶ <https://positivecoach.org/resource-zone/five-tips-for-sports-parents/>

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