



Weekly Rundown

7-1-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 7:00-9:15 am	HP/SR 7:00-9:15 am	HP/SR 7:00-9:15 am 3:00-4:45 pm	No Practice	HP/SR 7:00-9:15 am	HP/SR 7:00-9:30 am
JR 7:00-9:15 am	JR 7:00-9:15 am	JR 7:00-9:15 am	Happy 4th of July!	JR 7:00-9:15 am	Pre-Team 9:15-10:00 am
G/S/B 5:30-7:00 pm	JR1 3:30-5:15 pm	G/S/B 5:30-7:00 pm			
Pre-Team 5:30-6:15 pm	G 5:30-7:00 pm	Pre-Team 5:30-6:15 pm			

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

No practice on Thursday due to 4th of July. Only High School and Pre-Team practicing on Saturday due to the NSC meet.

Coaches Corner

▶ Upcoming Events

- ▶ NSC Summer Showdown (July 6-7)
 - ▶ **More info to come**
- ▶ Indiana SwimFest Championships (July 11-14)
 - ▶ **Registration Deadline: Wednesday July 3rd**
- ▶ Indiana SW Divisional Championships (July 26-28)
 - ▶ **Registration Deadline: Monday July 15th**

- ▶ With Divisionals approaching at the end of the month we will need everyone's help to ensure a successful meet. Please get signed up to volunteer as soon as you can.

Swimmer Spotlight

▶ Happy Birthday!

▶ **Liam Tooley**- 7/3

▶ **Amelia Earles**- 7/6

Positive Coaching Alliance

- ▶ Coaches Need Parents To Trust Them In Order To Be Effective Coaches
- ▶ Jamie Young, a 2017 Double-Goal Coach® Award Winner, coaches football at St. Mary's School (Medford, OR). Here, Young stresses the importance of parents understanding what the coaches message is, so they can trust them and support them. As a coach, he understands what a tremendous opportunity and responsibility that coaching is, so he wants parents to understand the lessons the coaches are trying to teach along with trying to win. When all this is done, a community of support forms around the program and leads to more success. He also noted that when it is done effectively, parents tend to be much better at supporting their own kids as well.
- ▶ <https://devzone.positivecoach.org/resource/video/coaches-need-parents-trust-them-order-be-effective-coaches>

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