



Weekly Rundown

7-10-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 JRE/SR/SRE- 7:00-9:15 am	G- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 7:00-9:15 am SRE- 3:15-5:00 pm	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 JRE/SR/SRE- 7:00-9:15 am	B- 5:15-6:30 S- 5:15-6:45 G- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 7:00-9:15 am SRE- 3:15-5:00 pm Senior State	JR/JRE/SR/SRE- 7:00-9:15 am NSC Meet Senior State	JR/JRE/SR/SRE- 6:00-7:45 NSC Meet Senior State

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

Normal practice Monday-Friday this week. Saturday morning practice has been moved up due to the Evansville Parks and Rec Championships.

Coaches Corner

▶ Upcoming Events

- ▶ 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**
- ▶ IN Divisional Championships (July 28-30)
 - ▶ **Registration Deadline: Wednesday 7/19**
- ▶ We had a great meet this weekend at Noblesville! Be on the lookout for the full meet recap this week.
- ▶ We are starting to look at our next short course season, and will have more information out before the end of the month!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Declynn Fulton- 7/10
 - ▶ Jackson Clem- 7/14

PCA

- ▶ Tina Syer is the former President of Positive Coaching Alliance. Syer played Division I field hockey at Stanford University, where she graduated with honors and was named an Academic All-America. Her coaching experience includes seasons at the high school, college and Olympic Development levels. In this video, Tina discusses the importance of cultivating a growth mindset in children, as espoused by Carol Dweck, the PCA National Advisory Board Member and Stanford University Professor who wrote Mindset. The way to establish and maintain the growth mindset is through reward and acknowledgement of effort, whether applied athletically or academically.
- ▶ Maintaining A Growth Mindset As A Parent And Coach
- ▶ <https://devzone.positivecoach.org/resource/video/maintaining-growth-mindset-parent-and-coach>