

Weekly Rundown

7-14-2025

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.

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ Indiana Swimming Senior State (July 16-20)

- ▶ **More info to come.**

- ▶ Indiana Swimming Age Group State (July 24-27)

- ▶ **Registration Deadline: Monday, July 14th**

- ▶ Indiana Swimming Divisionals (August 1-3)

- ▶ **Registration Deadline: Wednesday, July 23rd**

- ▶ We are excited to get our championship meet season started this week with Senior State in Bloomington!
- ▶ Be on the lookout for Divisional volunteer sign ups later this week! We will need all hands on deck for this meet!

Swimmer Spotlight

▶ Happy Birthday!

▶ **Jackson Clem- 7/14**

Positive Coaching Alliance

- ▶ Athlete Nutrition Tips for Long Summer Days
- ▶ For youth athletes, the longest days of the year involve day-long tournaments, two-a-day practices, tough conditioning camps, and generally being out in the heat from sun up to sun down. Follow the tips below to provide your athlete with the proper nutrition to fuel them through summer days.
- ▶ <https://positivecoach.org/resource-zone/athlete-nutrition-tips-for-long-summer-days/>

Thank You to our Sponsors!

