



Weekly Rundown

7-15-2024

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	HP/SR 7:00-9:15 am	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	JR 7:00-9:15 am	JR 7:00-9:15 am	JR 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 9:15-10:45 am
Pre-Team 5:30-6:15 pm		Pre-Team 5:30-6:15 pm			Pre-Team 9:15-10:00 am

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

No doubles for the JR's or SR's on Tuesday and Wednesday respectively. Normal schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ Indiana SW Divisional Championships (July 26-28)

- ▶ **Registration Deadline: Monday July 15th**

- ▶ We are finishing up an awesome Swimfest State Championship meet! Both our Senior and Age Group swimmers are swimming great and putting on a great representation of our team.
- ▶ Divisionals is approaching quickly! If you have yet to get signed up for volunteer positions, please do so ASAP.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Maggie Rhymer- 7/21
 - ▶ Nolan Hubiak- 7/21

Positive Coaching Alliance

- ▶ Sanya Richards-Ross: Parental Guidance and Success
- ▶ PCA National Advisory Board Member, Sanya Richards-Ross, is a world champion and olympic gold medalist in track & field. She was an imperative leader on the four-time World Championship and three-time Olympic gold medal 4x400m relay team. Sanya explains how the support from her mom and dad was a vital part of the success that she has seen. The positive motivation and words from her father was something to feed off of throughout her entire career. The people around you can instill greatness in you.
- ▶ <https://devzone.positivecoach.org/resource/video/sanya-richards-ross-parental-guidance-and-success>

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