



Weekly Rundown

7-17-2023

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	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	No Practice Age Group State	No Practice Age Group 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-Thursday this week. No practice Friday or Saturday due to Age Group State.

Coaches Corner

▶ Upcoming Events

- ▶ IN Age Group State Championships (July 21-23)

- ▶ **More info out this week.**

- ▶ IN Divisional Championships (July 28-30)

- ▶ **Registration Deadline: Wednesday 7/19**

- ▶ **This is a team hosted event. Volunteer sign ups will be posted soon.**

- ▶ We had a great set of meets this week both at Senior State and NSC. Our Senior State swimmers represented us well with some great swims and time drops across the board! Be on the lookout for our full meet recap from NSC.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Nolan Hubiak- 7/21
 - ▶ Maggie Rhymer 7/21
 - ▶ Justin Hall- 7/24

PCA

- ▶ 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.
- ▶ Sanya Richards-Ross: Parental Guidance and Success
- ▶ <https://devzone.positivecoach.org/resource/video/sanya-richards-ross-parental-guidance-and-success>