

Weekly Rundown

7-22-2024

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	No Practice Divisionals	No Practice Divisionals
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		
Pre-Team 5:30-6:15 pm		Pre-Team 5:30-6:15 pm			

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

Normal schedule through Thursday. No practice on Friday or Saturday due to Divisionals.

Coaches Corner

▶ Upcoming Events

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

- ▶ **More info to come**

- ▶ We are still in need of several volunteers for this weekend. Please take a look and help out where you can!
- ▶ We have upcoming evaluations for new members on 7/29, 8/5 and 8/12. Help spread the word to potential new families!
- ▶ We will have upcoming short course information out later this week, so be on the lookout for that!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Eli Fee- 7/24**
 - ▶ **Noah Hargus- 7/25**
 - ▶ **Tristan Link- 7/27**
- ▶ Great job to the following swimmers who have recently changed groups!
 - ▶ **Vivian Aurand- Silver**

Positive Coaching Alliance

- ▶ Maintaining A Growth Mindset As A Parent And Coach
- ▶ 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.
- ▶ <https://devzone.positivecoach.org/resource/video/maintaining-growth-mindset-parent-and-coach>

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