



Weekly Rundown

7-24-2023

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/JRE- 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	JRE/SR/SRE- 7:00-9:15 am Divisionals	No Practice Divisionals

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. Practice on Friday is only for those not competing at Divisionals that evening. JRE swimmers who competed at AGS this weekend can attend the evening JR practice if they would like.

Coaches Corner

▶ Upcoming Events

▶ 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 have Divisionals this weekend at the DAC. This is a team hosted event and your help will be paramount to making this meet a success! Please be on the lookout for volunteer sign ups.**

▶ **We had a great weekend at Age Group State. We had 16 swimmers competing over the course of the weekend, and they represented us well! Don't miss the full meet recap later this week.**

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Eli Fee- 7/24
 - ▶ Justin Hall- 7/24

PCA

- ▶ In order to help get the most from your child's experience playing sports, it is important that parents try to engage in meaningful conversations. Talking to your children about their involvement can help foster a deeper impact from sport. It can also help children understand how the lessons and skills they are learning in sports translate to other parts of life. This is a great way to maximize your child's growth through youth sports. Since kids may not share thoughts about their your sports experience unless prompted, it is the parent's role to explore strategies to get their children talking. Different kids will respond to different strategies, and parents should feel comfortable having these in their "tool box" in hopes they find a good fit.
- ▶ Empowering Conversations With Your Child
- ▶ <https://devzone.positivecoach.org/resource/article/empowering-conversations-your-child>