

Weekly Rundown

7-29-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:30-9:00 am Zone qualifiers only	7:30-9:00 am Zone qualifiers only	No Practice	No Practice	No Practice	No Practice

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

Monday and Tuesday's practices are for zone qualifiers only. No practice the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ Tuesday, August 13th: registration opens for the 2024-2025 season
 - ▶ Monday, August 26th: first practice for high school training groups
 - ▶ Wednesday, September 4th: first practice for all other training groups
-
- ▶ We hope everyone enjoys some time off and time away from the pool deck, and we encourage everyone to watch this weeks PCA video on the subject!
 - ▶ We had a great turnout at our first evaluation last night! We have upcoming evaluations for new members on 8/5 and 8/12. Help spread the word to potential new families!

Swimmer Spotlight

▶ Happy Birthday!

- ▶ Josie Schmidt- 7/29
- ▶ Claire Coe- 7/31
- ▶ Ella Hillhouse- 8/1
- ▶ Logan Tenison- 8/1

Congratulations to Gabbie Irvin who competed at Futures in Huntsville, Alabama last week!

Good luck to our Zone competitors who will be competing for Team Indiana in Fargo, North Dakota this week!

- ▶ Makenna Crummley, Evelyn Freitag, Wyatt Jones, Andrew Orth

Positive Coaching Alliance

- ▶ How Parents Help Youth Athletes Avoid Burnout
- ▶ TRIA Orthopedic Center is a comprehensive center for orthopaedic medicine, providing clinical and surgical care, research, and innovative programs, with physicians specializing in sports medicine, acute injury, shoulder, hip, knee, spine, hand and wrist, foot and ankle, and fractures. TRIA's sports medicine specialists have served as official team physicians for Minnesota's professional sports teams for over 25 years. TRIA Orthopedic is a chapter sponsor of PCA-Minnesota providing education and support around issues such as concussions, over-use injuries and athletic training. TRIA and PCA-Minnesota are collaborating to make youth and high school sports healthy and fun for all involved. In this clip, Dr. Anne Moore and Dr. Heather Bergeson suggest that parents stay aware of the propensity toward burnout among youth athletes who play just one sport, especially year-round. They advise taking time off from a sport if the athlete starts to feel burnt out, but also call for those athletes to stay active and exercising, whether through playing different sports or just through workouts, as it is important for them to stay fit throughout their lives, regardless of which sports they play.
- ▶ <https://devzone.positivecoach.org/resource/video/how-parents-help-youth-athletes-avoid-burnout>

Thank You to our Sponsors!

