



Weekly Rundown

7-7-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 6:45-9:00 am	HP/SR 6:45-9:00 am 3:45-5:30 pm	HP/SR 6:45-9:00 am	HP/SR 6:45-9:00 am 3:45-5:30 pm	HP/SR 6:45-9:00 am	*Subject to Change*
JR1/2/3 6:45-9:00 am	JR1/2/3 6:45-9:00 am	JR1/2/3 6:45-9:00 am 3:45-5:30 pm (JR1)	JR1/2/3 6:45-9:00 am	JR1/2/3 6:45-9:00 am	HP/SR 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		JR1/2/3 7:00-9:15 am
PT 6:15-7:00 pm		PT 6:15-7:00 pm			G/S/B 9:00-10:30 am
					PT 9:45-10:30 am

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

Normal schedule this week except for Saturday. Saturday is the City swim championships. We are anticipating having to change our schedule, but we are still waiting to hear back from the DAC. We will update everyone asap.

Coaches Corner

▶ Upcoming Events

- ▶ WIN Time Trial (TBD)

- ▶ **More info to come.**

- ▶ Indiana Swimming Senior State (July 16-20)

- ▶ **Registration Deadline: Monday, July 7th**

- ▶ Indiana Swimming Age Group State (July 24-27)

- ▶ **Registration Deadline: Monday, July 14th**

- ▶ We will update everyone asap with more info on the WIN Time Trial. We are anticipating it being held Thursday afternoon/evening, but they are still waiting to hear back from the DAC.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Declynn Fulton- 7/10
 - ▶ Avery Bryant- 7/11

Positive Coaching Alliance

- ▶ Tips for a Positive Parent/Caregiver-Coach Partnership
- ▶ Following are guidelines for how sports parents/caregivers can contribute to a Coach-Parent/Caregiver Partnership that benefits youth athletes.
- ▶ <https://positivecoach.org/resource-zone/tips-for-a-positive-parent-caregiver-coach-partnership/>

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