



Weekly Rundown

7-8-2024

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	No Practice	No Practice	No Practice
JR 7:00-9:15 am	JR 7:00-9:15 am	JR 7:00-9:15 am	SwimFest	SwimFest	SwimFest
G/S/B 5:30-7:00 pm	G 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.

No practice Thursday through Saturday due to the State meet. No doubles this week for JR or SR.

Coaches Corner

▶ Upcoming Events

- ▶ Indiana SwimFest Championships (July 11-14)
 - ▶ **More info to come**
- ▶ Indiana SW Divisional Championships (July 26-28)
 - ▶ **Registration Deadline: Monday July 15th**

- ▶ We had a great meet this past weekend at Newburgh! We had some last chance cuts achieved and a lot of fast swims. Be on the lookout for the full meet recap.
- ▶ We still have several volunteer spots open for Divisionals at the end of the month. Please take a look and sign up if you are available.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Declynn Fulton- 7/10
 - ▶ Avery Bryant- 7/11
 - ▶ Jackson Clem- 7/14

Positive Coaching Alliance

- ▶ Sports Parents Need To Address Kids Needs, Not The Other Way Around
- ▶ Albert "AJ" Johnson played 8 years of professional football in the NFL, NFL Europe, and the CFL. He is also the Chapter Executive Director for Positive Coaching Alliance in Houston. In this video, Johnson discusses the role that parents play in the student-athlete experience. As a sports parent himself, Johnson's biggest frustration with other sports parents is putting added pressure on to a kid when it's time for their kid to compete. To Johnson, it's ok if your kid isn't batting first in the lineup or in the starting five, as long as they are enjoying themselves. Parents need to be ok letting go and letting it be the kids experience, rather than it be their own. Often, parents put unnecessary pressure because they want something different from a kid than what they want themselves. Instead, parents should look at what a kid wants and needs from them rather than having their kid serve their own needs.
- ▶ <https://devzone.positivecoach.org/resource/video/sports-parents-need-address-kids-needs-not-other-way-around>

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