



Weekly Rundown

8-12-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
No Practice	No Practice	No Practice	No Practice	No Practice	No Practice

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

No practice this 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
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- ▶ We're having great turnouts for our evaluations! We have added some sign ups on 8/19. Help spread the word to potential new families!
 - ▶ Now is a great time of year to double check your swimmer's equipment bag and replace lost or outgrown items!
 - ▶ Registration opens tomorrow! Be on the lookout for an email when it opens detailing registration and USA membership steps.
 - ▶ Check out this weeks' PCA link! There's a lot of good info there.

Swimmer Spotlight

▶ Happy Birthday!

- ▶ **Jacob Aurand- 8/12**
- ▶ **Eleanor Freitag- 8/12**
- ▶ **Harper Kuehn- 8/14**
- ▶ **Brennan Link- 8/15**
- ▶ **Aubrey Hollis- 8/17**
- ▶ **Gabbie Irvin- 8/17**

Positive Coaching Alliance

- ▶ Life Lessons From The Playing Field
- ▶ Jim Thompson (@JimThompson18) is the Founder of Positive Coaching Alliance (PCA), a non-profit organization founded at Stanford University with the mission of helping to transform the culture of youth sports to give all young athletes the opportunity for a positive, character-building experience. In this article, Jim shares his 10 Life Lessons from the Playing Field that he has derived from his experience as a coach, parent and youth sports organization leader. These lessons can help all involved in youth and high school sports keep it a positive, character-building experience for kids. With a little reflection, you also can see how these lessons apply to other areas of life, such as family and career. Concepts such as looking at the big picture, permitting mistakes, and creating a team culture that fosters fair play all can contribute to success in sports and throughout all our lives.
- ▶ <https://devzone.positivecoach.org/resource/article/life-lessons-playing-field>

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