



Weekly Rundown

8-19-2024

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

- ▶ Monday, August 26th: first practice for high school training groups
- ▶ Wednesday, September 4th: first practice for all other training groups
- ▶ Registration is open! Please make sure your swimmer is registered before their first practice.
- ▶ Now is a great time of year to double check your swimmer's equipment bag and replace lost or outgrown items!

Swimmer Spotlight

▶ Happy Birthday!

- ▶ **Abram Kerr- 8/21**
- ▶ **Danosh Banks- 8/23**
- ▶ **Mavery Chandler- 8/23**
- ▶ **Elin Wiener- 8/24**

Positive Coaching Alliance

- ▶ Competition In Sports Is The Best Way To Teach Life Lessons
- ▶ Anne Walker was named the Margot and Mitch Milias Director of Women's Golf (@StanfordWGolf) in 2012, quickly establishing herself as one of the top college coaches in the country. She has guided the Cardinal to four consecutive NCAA Championships berths and captured the first national title in program history during the 2014-15 season. Walker talks about how important it is for young athletes to learn by playing in competition. Parents are sometimes hesitant because they do not want to see their children fail, but that is a great lesson they should learn. Sometimes you try and you fail in life. What is important is that you get back up and keep improving until you succeed. This lesson is best taught through competition.
- ▶ <https://devzone.positivecoach.org/resource/video/competition-sports-best-way-teach-life-lessons>

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