



Weekly Rundown

8-25-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 3:15-5:30 pm	HP/SR 3:15-5:30 pm	HP/SR 3:15-5:30 pm	HP/SR 3:15-5:30 pm	No Practice	No Practice

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

The high school groups start back up this week. Practices are only Monday-Thursday this week.

Coaches Corner

▶ Upcoming Events

- ▶ First Practice for all other groups

- ▶ **Wednesday, 9/3**

- ▶ We are excited to get back to the pool deck over the course of the next two weeks! Make sure to get your swimmer registered before their first practice.
- ▶ Make sure to visit the Team Store through Elsmore Swim Shop to get all of your swimmer's necessary equipment. If you have a returning swimmer double check that they have all the equipment they need!

<https://elsmoreswim.com/collections/greater-evansville-aquatic-team>

- ▶ If you have a new swimmer, information about purchasing your USA Memberships will be sent out on 9/2. All returning swimmers from last year will be renewed by the team.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Adley Kratochvil- 8/27**
 - ▶ **Hannah Grunow- 8/28**
 - ▶ **Jackson Hoesli- 8/31**

Positive Coaching Alliance

- ▶ Positive Sport Parent/Caregiver Self-Assessment: Supporting My Athlete
- ▶ PCA believes there are two primary goals in youth sports: striving to win and, more importantly, teaching life lessons that help kids develop into the best people they can be. As important as winning may seem, a positive sports parent/caregiver lets coaches and athletes worry about the first goal of scoreboard results. A positive sports parent/caregiver has a more important role to play: ensuring that children take away lessons that will help them succeed in life. A positive sports parent/caregiver recognizes that there is a Little Picture and a Big Picture in youth sports. The Little Picture concerns such matters as whether children are playing their preferred positions, whether the team is winning, etc. The Big Picture, too often obscured by the Little Pictures, is about what the child is learning from youth sports.
- ▶ <https://positivecoach.org/resource-zone/positive-sport-parent-caregiver-self-assessment/>

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