



Weekly Rundown

8-26-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 4:00-6:00 pm	HP/SR 4:00-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 4:00-6:15 pm	No Practice	No Practice

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

Only our high school groups practice this week. They will practice Monday-Thursday. Monday practices will begin at 3:45 starting next 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
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- ▶ With practices starting this week and next, 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!
 - ▶ **Adley Kratochvil- 8/27**
 - ▶ **Hannah Grunow- 8/28**
 - ▶ **Jackson Hoesli- 8/31**
 - ▶ **Brilee Knight- 8/31**

Positive Coaching Alliance

- ▶ The Good Old Days
- ▶ This resource is an excerpt from PCA Founder Jim Thompson's (@JimThompson18) book, Positive Sports Parenting. I miss watching my son play sports. When he started playing soccer, basketball, and baseball 25 years ago, it seemed like it would go on forever. But it didn't. It ended abruptly. One day he stopped playing and it was over – just like that and without much warning. Download this excerpt below.
- ▶ <https://devzone.positivecoach.org/resource/book/good-old-days>

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