

Weekly Rundown

8-28-2023

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 4:00-5:45 Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	HP/SR 4:00-5:45	HP/SR 4:00-5:45 Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	HP/SR 4:00-5:45	No Practice	Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45

Notes:

Our Pre-Team and High School Division return to practice this week. HP/SR will let out 30 minutes early all week. Pre-Team has a regular schedule.

Coaches Corner

▶ Upcoming Events

▶ First Practice:

- ▶ **High School Division: Monday 8/28**
- ▶ **11-14 Division: Wednesday 9/6**
- ▶ **10 & Under Division: Wednesday 9/6**
- ▶ **Pre-Team: Monday 8/28**

- ▶ We are excited to get the Short Course season started over the next two weeks! For any returning families, we are asking you to please make sure you have your swimmer registered before 9/1. This will help make the billing cycle much smoother.
- ▶ We will send out information regarding USA Membership registration within the next week or two.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Hannah Grunow- 8/28
 - ▶ Jackson Hoesli- 8/31
 - ▶ Brilee Knight- 8/31

Positive Coaching Alliance

- ▶ Tips for a Positive Parent/Coach Partnership
- ▶ Coaches and parents both play an important role in the development of youth athletes. To ensure a positive experience for the child, and to avoid parent/coach conflict, parents should recognize the part they play in making the season a success. This can sometimes be difficult for parents. However, it is best for the athletes if parents can provide support in a different way than the coaches do during practices and games. Following the guidelines in this document will help lead you to a Coach-Parent Partnership that benefits your child.
- ▶ <https://devzone.positivecoach.org/resource/article/tips-positive-parentcoach-partnership>