

# Weekly Rundown

8-5-2024

# 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 13<sup>th</sup>: registration opens for the 2024-2025 season
  - ▶ Monday, August 26<sup>th</sup>: first practice for high school training groups
  - ▶ Wednesday, September 4<sup>th</sup>: first practice for all other training groups
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- ▶ We're having great turnouts for our evaluations! We have another one coming up on 8/12 and have even 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!

# Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ Jaxon Cadden- 8/5

- ▶ Mason Lickey- 8/11

**Great job to our Zone competitors who represented GREAT well and heled Team Indiana win the meet!**

- ▶ Makenna Crummley, Evelyn Freitag, Wyatt Jones, Andrew Orth

# Positive Coaching Alliance

- ▶ Avoid The Extremes: Keep Both Success And Failure In Perspective
- ▶ Gevvie Stone won a Silver Medal in Single Sculling at the 2016 Rio Olympics. Interestingly, Stone is also a Physician, graduating from Tufts School of Medicine while also training for the Olympics. She also competed in the single sculls at the 2012 Summer Olympics, where she placed 7th overall. In college while at Princeton, she won the women's Championship Singles race at the Head of the Charles Regatta six times. In this clip, Stone reflects on a quote that one of her former coaches always told her "don't let the highs get too high, don't let the lows get too low". To her, this means that after a win, there is still something to get better at and learn from, or after a loss there is a need for understanding and skills to work on. She states that it is important for athletes to look at the big picture of a career, especially after a tough loss, or day at practice.
- ▶ <https://devzone.positivecoach.org/resource/video/avoid-extremes-keep-both-success-and-failure-perspective>

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