

Weekly Rundown

9-11-2023

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 4:00-6:15	HP/SR 5:15-6:30 am 4:00-6:15	HP/SR 4:00-6:15	HP/SR 4:00-6:15	HP/SR 5:15-6:30 am 4:00-6:15	HP/SR 7:00-9:15
JR 4:45-7:00	JR 5:15-7:00	JR 4:45-7:00	JR 5:15-7:00	JR 4:00-6:15	JR 7:00-9:15
G/S/B 5:30-7:00	G 5:30-7:00	G/S/B 5:30-7:00	G/S/B 5:30-7:00		G/S/B 9:00-10:30
Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00		Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00			Pre-Team 5-8: 9:45-10:30 9-12: 9:00-9:45

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

No changes to the practice schedule this week. Doubles for the High School swimmers start on Tuesday.

Coaches Corner

▶ Upcoming Events

▶ Parent Meetings

- ▶ **10 & Under Division (Gold/Silver/Bronze): Monday 9/11 at 6:15**
- ▶ **11-14 Division (Junior): Tuesday 9/12 at 6:15**
- ▶ **High School Division (HP/SR): Wednesday 9/13 at 6:15**

▶ Positive Coaching Alliance – Parent Workshop

- ▶ **Monday, September 18th, 5:30-7:00 at the DAC**
- ▶ **All families are welcome**
- ▶ **Families in attendance will be credited 1.5 hours towards volunteer hours.**

- ▶ We hope to see a great turnout at the parent meetings above, we will go over all relevant information for the upcoming season and help answer any questions.
- ▶ Be on the lookout for USA Membership information and make sure to review carefully.

Swimmer Spotlight

▶ Happy Birthday!

▶ **Max Miller- 9/14**

▶ **Ben Weaver- 9/17**

Positive Coaching Alliance

- ▶ Role Of The Culture Keeper
- ▶ Every parent and guardian plays an important role in maintaining a fun and positive environment for their kids playing sports. This is especially true during games, when the coach's focus is on the team. A "Culture Keeper" helps generate and maintain positive behavior among parents and other fans on the sidelines or in the bleachers. They also assist the coach and leaders by actively setting a good example and guiding other fans.
- ▶ <https://devzone.positivecoach.org/resource/article/role-culture-keeper>