

Weekly Rundown

9-15-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1 3:15-5:30 pm	HP/SR1/SR2 3:15-5:30 pm	HP/SR1 5:15-6:30 am 3:15-5:30 pm	HP/SR1/SR2 3:15-5:30 pm	HP/SR1 3:15-5:30 pm	HP/SR1 7:00-9:15 am
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 4:45-7:00 pm	JR1/2/3/4 5:15-7:00 pm	JR1/2 4:00-6:15 pm	JR1/2/3/4 7:00-9:15 am
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am
BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm		BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm			BG: 9:30-10:30 am PT1: 9:45-10:30 am PT2: 9:00-9:45 am

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

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

▶ Parent Meetings

▶ **Monday 9/15 at 6:15- New Parent Meeting**

▶ **Wednesday 9/17 at 5:45- Positive Coaching Alliance Parent Workshop**

▶ GEVV Fantastic Invitational (Oct 4-5)

▶ **Registration Deadline: Monday 9/29**

- ▶ Two more parent meetings this week. All parents are encouraged to attend the PCA workshop on Wednesday, and will receive credit for one hour towards volunteer requirements. All new parents are encouraged to attend on Monday where we will go over several administrative and account items, like signing up for meets and accessing billing items.

Swimmer Spotlight

▶ Happy Birthday!

- ▶ **Ben Weaver- 9/17**
- ▶ **Lilah Humm- 9/21**
- ▶ **Aubrie Persinger- 9/21**

Positive Coaching Alliance

- ▶ Five Tips for Sports Parents
- ▶ Parents/Caregivers are an integral part to helping create a positive youth sports experience for their athletes. Providing athletes the support they may need to overcome challenges, feel comfortable on their team, and connect with others can make the difference in their enjoyment of the sport.
- ▶ <https://positivecoach.org/resource-zone/five-tips-for-sports-parents/>

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