

Weekly Rundown

9-18-2023

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 5:15-6:30 am 4:00-6:15	HP/SR 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: 10:00-10:45 9-12: 9:15-10:00

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

Pre-Team practices have been pushed back 15 minutes each on Saturday. Regular schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

▶ 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.**

▶ NSC Fall Fling (October 7-8)

▶ **Registration Deadline: Saturday, 9/30**

▶ As the season gets off and running, make sure your swimmer has all the necessary equipment needed for their training group. It is important that they have all of their equipment with them at every practice.

▶ If you have new swimmers, and have yet to take care of their USA Swimming membership please take care of that asap. We will be following up with those who haven't after this week.

Swimmer Spotlight

▶ Happy Birthday!

▶ **Aubrie Persinger- 9/21**

Positive Coaching Alliance

► Second-Goal Parent

- A Second-Goal Parent recognizes that there is a Little Picture and a Big Picture in youth sports. The Little Picture concerns things like whether the child is playing the right position, the team is winning, etc. The Big Picture, which often gets drowned out by the Little Picture, is about what the child is learning from youth sports. As important as winning may seem, Second-Goal Parents let coaches and athletes worry about the first goal of scoreboard results. Second-Goal Parents have a much more important role to play: ensuring their children take away from sports lessons that will help them be successful in life. That is the Big Picture. If you embrace your role as a Second-Goal Parent, it will transform the way you see youth sports. It will help you seize the endless procession of teachable moments that will come your way again and again when you are looking for them. What might have seemed like a disappointing loss or a failure by your child becomes an opportunity to reinforce resiliency. Whether your child succeeds or fails on the playing field, you will be able to use the experiences to reinforce the kind of person you want him or her to be. Read and download the entire article on the The Second-Goal Parent below.

- <https://devzone.positivecoach.org/resource/article/second-goal-parent%C2%AE>