



Weekly Rundown

9-2-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
No Practice	HP/SR 4:00-6:15 pm	HP/SR 4:00-6:15 pm JR1/2/3 4:45-7:00 pm G/S/B 5:30-7:00 pm PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm	HP/SR 4:00-6:15 pm JR1/2/3 5:15-7:00 pm G/S/B 5:30-7:00 pm	HP/SR 3:15-5:30 pm JR1/2/3 4:00-6:15 pm	HP/SR 7:00-9:15 am JR1/2/3 7:00-9:15 am G/S/B 9:00-10:30 am PT 1-3: 9:45-10:30 am 4-8: 9:00-9:45 am

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

Our Age Group swimmers and Pre-Team start back up this week. Please note the adjusted Saturday times for Pre-Team, Bronze, Silver and Gold moving forward.

Coaches Corner

▶ Upcoming Events

- ▶ Monday, September 9th: Pre-Team Parent Meeting
 - ▶ Tuesday, September 10th: High School Parent Meeting
 - ▶ Wednesday, September 11th: Junior Parent Meeting
 - ▶ Thursday, September 12th: Bronze/Silver/Gold Parent Meeting
 - ▶ Wednesday, September 18th: PCA Parent Workshop
 - ▶ Monday, September 30th: Synergy Dryland Visit
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- ▶ Thank you to everyone who got registered so far! We will send out a new USA Membership link as soon as we have it.
 - ▶ Our high school group got off to a great start last week! We are looking forward to having the rest of the team back this week!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Giavella Turi- 9/3**
 - ▶ **Max McKim- 9/5**

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>

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