



Weekly Rundown

9-22-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1/SR2 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

- ▶ GEVV Fintastic Invitational (Oct 4-5)

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

- ▶ The deadline to sign up for our first meet is next Monday. If your swimmer is interested in participating, make sure to get signed up!
- ▶ We will have volunteer sign ups posted this week so be on the lookout for that email!
- ▶ Team shirts and team caps are both expected to be in by the first meet. We will distribute those items once we have them in hand.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **No Birthdays this week.**
- ▶ Shoutout to Jack Jones, who was elected as one of two At-Large Athlete Representative's to Indiana Swimming's Board of Directors at this past weekends annual House of Delegates meeting. Athlete representation is a huge part of sport, and we not only appreciate Jack's commitment to getting involved but are also very proud to see him elected amongst his peers. Way to go Jack!

Positive Coaching Alliance

- ▶ Tips for a Positive Parent/Caregiver-Coach Partnership
- ▶ Following are guidelines for how sports parents/caregivers can contribute to a Coach-Parent/Caregiver Partnership that benefits youth athletes.
- ▶ <https://positivecoach.org/resource-zone/tips-for-a-positive-parent-caregiver-coach-partnership/>

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