

Weekly Rundown

9-25-2023

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 9:15-10:45
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.

Saturday practice times for Pre-Team, Bronze, Silver and Gold have been permanently pushed back 15 minutes on Saturday's. This will be listed as part of the normal schedule every week moving forward. Regular schedule the rest of this week.

Coaches Corner

▶ Upcoming Events

- ▶ Official Clinic (Stroke & Turn)
 - ▶ **Tuesday, September 26th, 6:00-8:00 at the DAC**
- ▶ Official Clinic (Administrative)
 - ▶ **Wednesday, September 27th, 6:00-8:00 at the DAC**
- ▶ NSC Fall Fling (October 7-8)
 - ▶ **Registration Deadline: Saturday, 9/30 (LAST WEEK TO SIGN UP!!)**
- ▶ We strongly encourage getting involved as an official! We must have several officials to be able to host meets. Additionally it is a great way to get involved, both at meets, and with the team in general.
- ▶ 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.

Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ **Elaina Hill- 9/30**
- ▶ **Elisha Hozey- 10/1**

- ▶ Congratulations to the following swimmers who have changed groups!

- ▶ **Caroline Creager- Gold**
- ▶ **Hope Guillaume- Gold**
- ▶ **Sloane Sensenbrenner- Gold**
- ▶ **Ben Weaver- Gold**

Positive Coaching Alliance

- ▶ Second-Goal Parent Self-Assessment
- ▶ This form helps you identify your strengths and weaknesses in adhering to PCA's model of the Second-Goal Parent, focused less on the goal of winning and more on the goal of ensuring your children take all the life lessons and character-education they can from their youth sports experience. Portions of the form address the PCA principles of the ELM Tree of Mastery, Filling Emotional Tanks and Honoring the Game, with specific actions beneath each for you to check if you are taking those actions. A little time with this form can help you refocus on the Big Picture of how your children can use their youth sports experience to positively impact the rest of their lives.
- ▶ <https://devzone.positivecoach.org/resource/article/second-goal-parent%C2%AE-self-assessment>