

# Weekly Rundown

9-29-2025

# Practice Schedule

| <u>Monday</u>                                                                                                                                                                                                                                                    | <u>Tuesday</u>                                                                                                      | <u>Wednesday</u>                                                                                                                                                                                                                                                                    | <u>Thursday</u>                                                                                                                                                           | <u>Friday</u>                                                                   | <u>Saturday</u>                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>HP/SR1/SR2</b><br><b>3:15-5:30 pm</b><br><br><b>JR1/2/3/4</b><br><b>4:45-7:00 pm</b><br><br><b>G: 5:30-7:00 pm</b><br><b>S: 5:30-7:00 pm</b><br><b>B: 5:45-7:00 pm</b><br><br><b>BG: 6:00-7:00 pm</b><br><b>PT1: 5:30-6:15 pm</b><br><b>PT2: 6:15-7:00 pm</b> | <b>HP/SR1/SR2</b><br><b>3:15-5:30 pm</b><br><br><b>JR1/2/3</b><br><b>5:15-7:00 pm</b><br><br><b>G: 5:30-7:00 pm</b> | <b>HP/SR1</b><br><b>5:15-6:30 am</b><br><b>3:15-5:30 pm</b><br><br><b>JR1/2/3/4</b><br><b>4:45-7:00 pm</b><br><br><b>G: 5:30-7:00 pm</b><br><b>S: 5:30-7:00 pm</b><br><b>B: 5:45-7:00 pm</b><br><br><b>BG: 6:00-7:00 pm</b><br><b>PT1: 5:30-6:15 pm</b><br><b>PT2: 6:15-7:00 pm</b> | <b>HP/SR1/SR2</b><br><b>3:15-5:30 pm</b><br><br><b>JR1/2/3/4</b><br><b>5:15-7:00 pm</b><br><br><b>G: 5:30-7:00 pm</b><br><b>S: 5:30-7:00 pm</b><br><b>B: 5:45-7:00 pm</b> | <b>HP/SR1</b><br><b>3:15-5:30 pm</b><br><br><b>JR1/2</b><br><b>4:00-6:15 pm</b> | <b>Fin-Tastic</b><br><b>Invitational</b><br><br><b>No Practice</b> |

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

Normal schedule through Friday this week. We have our Fin-Tastic Invitational on Saturday and Sunday.

# Coaches Corner

## ▶ Upcoming Events

- ▶ GEVV Fintastic Invitational (Oct 4-5)
  - ▶ **Meet Packet will be sent out this week.**
- ▶ WIN Fall Fling (Oct 17-19)
  - ▶ **More info coming soon.**
- ▶ GEVV Pumpkin Splash (Nov 1-2)
  - ▶ **More info coming soon.**
- ▶ Monday is your last chance to get signed up for the Fintastic Invitational, and we have a few volunteer spots left available. Make sure to get signed up!
- ▶ Caps and shirts will be distributed this week!

# Swimmer Spotlight

## ▶ Happy Birthday!

- ▶ **Elaina Hill- 9/30**
- ▶ **Abe Taylor- 10/2**
- ▶ **Bodhi Robbins- 10/3**
- ▶ **Lucy Lowe- 10/4**
- ▶ **Nolan Hoesli- 10/5**

## ▶ Shoutout to the following swimmers who posted Top 10 times in Indiana for their respective age groups for the 2024-2025 season!

- ▶ **Avery Bryant, Jackson Clem, Evelyn Freitag, Gabbie Irvin, Wyatt Jones, Layla Kassenbrock, Andrew Orth, Emma Orth, Jake Rosenbarger**

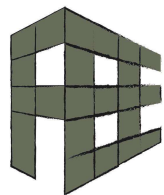
# Positive Coaching Alliance

- ▶ Parent/Caregiver Game Day Tips
- ▶ Here are ways that parents/caregivers can contribute to a positive youth sports culture so that athletes will have fun and develop life skills to last a lifetime.
- ▶ <https://positivecoach.org/resource-zone/parent-caregiver-game-day-tips/>

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