

Weekly Rundown

9-4-2023

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	HP/SR 4:00-6:15 JR 4:45-7:00 G/S/B 5:30-7:00 Pre-Team 5-8: 5:30-6:15 9-12: 6:15-7:00	HP/SR 4:00-6:15 JR 5:15-7:00 G/S/B 5:30-7:00	HP/SR 4:00-6:15 JR 4:00-6:15	HP/SR 7:00-9:15 JR 7:00-9:15 G/S/B 9:00-10:30 Pre-Team 5-8: 10:00-10:45 9-12: 9:15-10:00

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

No practice on Monday due to Labor Day. Our 10 & Under and 11-14 Divisions start practice on Wednesday. Saturday's Pre-Team practices have each been pushed back 15 minutes. Regular schedule otherwise.

Coaches Corner

► Upcoming Events

► First Practice

- **11-14 Division: Wednesday 9/6**
- **10 & Under Division: Wednesday 9/6**

► Parent Meetings

- **10 & Under Division (Gold/Silver/Bronze): Monday 9/11 at 6:15**
- **11-14 Division (Junior): Tuesday 9/12 at 6:15**
- **High School Division (HP/SR): Wednesday 9/13 at 6:15**

- We had a great first week with our High School swimmers and Pre-Team last week, and we are excited to welcome back our Age Group swimmers this week.
- We hope to see a great turnout at the parent meetings above, we will go over all relevant information for the upcoming season and help answer any questions.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Max McKim- 9/5
 - ▶ Logan Parker 9/8
 - ▶ Breleigh Ludwig- 9/9

Positive Coaching Alliance

► Empowering Conversations With Your Child

- In order to help get the most from your child's experience playing sports, it is important that parents try to engage in meaningful conversations. Talking to your children about their involvement can help foster a deeper impact from sport. It can also help children understand how the lessons and skills they are learning in sports translate to other parts of life. This is a great way to maximize your child's growth through youth sports. Since kids may not share thoughts about their your sports experience unless prompted, it is the parent's role to explore strategies to get their children talking. Different kids will respond to different strategies, and parents should feel comfortable having these in their "tool box" in hopes they find a good fit. These conversations may seem tough to initiate, which is why Positive Coaching Alliance has put together these tips for empowering conversation with your child. Utilizing these strategies provides parents the platform they need to best support their young athlete.

- <https://devzone.positivecoach.org/resource/article/empowering-conversations-your-child>