

Weekly Rundown

9-9-2024

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR 3:45-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 4:00-6:15 pm	HP/SR 3:15-5:30 pm	HP/SR 7:00-9:15 am
JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3 4:00-6:15 pm	JR1/2/3 7:00-9:15 am
G/S/B 5:30-7:00 pm	G 5:30-7:00 pm	G/S/B 5:30-7:00 pm	G/S/B 5:30-7:00 pm		G/S/B 9:00-10:30 am
PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm		PT 1-3: 5:30-6:15 pm 4-8: 6:15-7:00 pm			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.

Full week of practice.

Coaches Corner

▶ Upcoming Events

- ▶ Monday, September 9th: Pre-Team Parent Meeting, 6:15 @DAC
 - ▶ Tuesday, September 10th: High School Parent Meeting, 7:00 Virtual
 - ▶ Wednesday, September 11th: Junior Parent Meeting, 6:15 @DAC
 - ▶ Thursday, September 12th: Bronze/Silver/Gold Parent Meeting, 6:15 @DAC
 - ▶ Wednesday, September 18th: PCA Parent Workshop, 5:30 @DAC
 - ▶ Monday, September 30th: Synergy Dryland Visit, More Info to Come
-
- ▶ Practices are off to a great start! Make sure you have parent meetings on your calendar for the week.
 - ▶ Make sure your swimmer has all the gear they need. If not, visit the team store asap!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Emerson Macaulay- 9/11
 - ▶ Parker Spalding- 9/12

Positive Coaching Alliance

- ▶ Role Of The Culture Keeper
- ▶ Every parent and guardian plays an important role in maintaining a fun and positive environment for their kids playing sports. This is especially true during games, when the coach's focus is on the team. A "Culture Keeper" helps generate and maintain positive behavior among parents and other fans on the sidelines or in the bleachers. They also assist the coach and leaders by actively setting a good example and guiding other fans.
- ▶ <https://devzone.positivecoach.org/resource/article/role-culture-keeper>

Thank You to our Sponsors!

