

Cardinal Connection



October FLEW by!!! What a great month of racing! We had 3 meets this month: IMX, Jack Thompson, and our "pop up" Spooktacular!

We want to give a special "Thank You" to the UofL Swim & Dive Team for partnering with us for our meet on Saturday. It was great watching them cheer for and interact with our swimmers. They give some amazing insight and feedback. I believe fun was had by our CARDS AND the "big" CARDS!

November is here and we are ready for it!! Our first travel meet of the season is this weekend in Indy....**GOOD LUCK TO ALL OUR CARDS!!**

Don't forget to check out the GRIT Board at our pool beside the bleachers! We have new swimmers featured every few weeks!!!!

**Week of
Nov. 1st,
2021**

See below for practice changes this week:

Friday, Nov. 5th...No practice for ALL groups due to UofL meet VS Notre Dame! Great meet to come cheer on the CARDS! 5pm Start

Saturday, Nov. 6th...No practice for all groups due to Indy Meet!

***SWIM FAST & HAVE FUN!!**

Events

November:

Indy Meet: Nov 5-7th

Thanksgiving: Nov. 25th
**Practice schedule changes to follow soon for the holiday!*

QUESTION OF THE WEEK:

How can I help my swimmer when they get extremely nervous before racing?

Getting nervous before a race is normal and even welcomed. However, how swimmers handle those nerves are key to turning that into a good swim! Click the link for helpful tips!

<https://www.usaswimming.org/news/2020/02/10/try-this-pre-race-ritual-to-stay-calm-and-confident-for-big-swims>

Senior Spotlight

Ella Welch has been swimming with CA for 9 years! She is a Senior at Assumption HS and will be continuing her education and swimming career at the University of Louisville!

Favorite thing about swimming? *It gives me the opportunity to go to new places and meet a lot of cool people.*

Favorite thing about being a Cardinal? *Friends & unmatched Team Energy*

Advice to our Lil CARDS? *Never let swimming become something you HAVE to do. Make it something you WANT to do!*