

Cardinal Connection

HAPPY OCTOBER!!! We will honor Breast Cancer Awareness Month by wearing our **PINK** CARD Caps! Please continue to send prayers and support for our own swim mom, Beth Harned, as she continues to kick Breast Cancer's butt.... **YOU GOT THIS, BETH!!!!**

Congrats to all our swimmers on a **GREAT IMX Meet!** Our swimmers competed hard and had lots of fun! Great work for only 4 weeks into the season. This meet is always a good assessment for our coaches to see where we are just one month into the new year. We have much work to do, but our coaches have good information to move forward into the next few weeks before the next meet. For returning swimmers, these meets are good to compare LAST YEARS meet (at same time of the year) to this year...not necessarily to their best times. If you want to see the true improvement, compare "apples to apples"...last year, to this year, for the same meet!

**Week of
OCT. 11,
2021**

See below for practice changes this week:

Friday, Oct. 15th...normal practice for CD/AGD/AGE, No dryland! PS & S/N will have practice for those not attending Friday of the meet!

Saturday, Oct. 16th...**NO PRACTICE** for all groups on Saturday, due to swim meet!

Jack Thompson Meet at Mary T Meagher pool, Oct. 15-17th

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

Events

October:

- **Jack Thompson Meet
15-17th**

Thank YOU for an amazing coaches appreciation week! We fell soooo loved!

Highlighted swimmers on the Board this week:
AGD/CD - Allie, AGE - Harrison, PS - Isla, S/N - Brady

QUESTION OF THE WEEK:

How can I best support my swimmer in this sport?

Besides being your swimmers #1 fan, and partnering with their coaches, there are some great resources on the usa swimming website for parents! One of my favorite articles, lately, ["5 things for Parents to Avoid When cultivating Grit"](#)

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!*