

Cardinal Connection



Happy (soon to be) THANKSGIVING! Please refer to right to view all practice changes for the next 2 weeks!

With Thanksgiving approaching, it's the time of year when we tend to take more time to ponder all we have to be thankful for. Unfortunately, it is also the time of year that we tend to be busier than ever. It's easy to take focus off the "main" thing: family, relationships, physical and mental health, service to other, ect., and become stressed over the "not so main" things: how clean is the house for company?, did I buy enough presents for the holiday?, ect. The challenge for all of us is to slow down, enjoy those around us, live in the moment, and appreciate how blessed we all are.

I am thankful for ALL our cardinal families! I appreciate all the support and hard work of our coaches, parents, and swimmers. Thank you for trusting us with the coaching and mentoring of your children. I am thankful for the opportunity to do what I LOVE every day!

What are YOU thankful for??



See below for practice changes through Thanksgiving week:

Nov 15th: AGD & CD only (no practice for other groups)

Nov 16th: No practice ALL groups (due to KYA meet)

Nov 25th: normal all groups

Nov 26th: normal...AGD & CD 4:30-5:30pm...(no fri practice)

Nov 27th: normal all groups

Nov 28th: THANKSGIVING, NO PRACTICE!!!

Nov 29th: Senior/National/PS 8-10am.....NO Age Group Elite

Nov 30th: National/Senior 9-Noon, PS 9:15-Noon, AGE 9:15-11:30am

GO CARDS!



November:

- Nov 15-17 KYA Meet in Lexington
- Nov 22nd: Happy Thanksgiving!
- Sign up for Christmas Classic meet ASAP!
- Team sponsors needed!
- Bring your Roo's Wish Stocking donations!

QUESTION OF THE WEEK:

What can I do to get a little bit better every day...especially, when I'm having a "bad" practice?

Come to practice each day with a **PURPOSE!** Working hard is a great goal, but working SMART is even better. Of course, doing the sets as they are meant to be done is key; if it's stroke technique focus then focus on technique, aerobic focus then stay in your zone, VO2 focus give your max effort, ect! However, don't be afraid to take this a step further, especially, when you are having a bad day, not hitting your goal times, or you're just not "feeling it". **FOCUS ON SOMETHING!** Work on your streamline, work on your kick outs, work on specific technical adjustments. Every practice is an opportunity to get better at **SOMETHING!**

Senior Spotlight

Kate Pierce has been swimming with CA for 5 years! She is a Senior at Central Hardin High School and is looking continue her education at Georgia Tech, UT, or Duke.

Favorite thing about swimming? The feeling of improving my times after seasons of hard work and knowing it has paid off!

Favorite thing about being a Cardinal? I know every senior to ever come to cardinal talks about the family atmosphere, but that's one of the teams defining characteristics.....and, I LOVE IT!

Advice to our Lil CARDS? There will be hard practices that make you want to cry, but don't let them make you lose sight of your goals. Take it one step at a time and remember that the struggle is part of the improvement process.