

# SCAT Weekly FYI:

## Schedule: Nov 14 – Nov 20

All practices are normal except Weds: Mini-meet for Novice and Beginner

## Important Dates/Deadlines:

1. High School Swimming starts Monday Nov. 14<sup>th</sup>
2. Mini-Meet Weds Nov 16<sup>th</sup> 5:00-6:00 (for Novice and Beginners no practice)
3. Salem Open (Kroc Center) November 19-20.
4. Thanksgiving Weekend: Practice Weds (23<sup>rd</sup>) normal time; no practice Th-Sun

## Swimmer Corner:

Swimmers: You are only with your coach 1-3 hrs/day. That means you are on your own for 21-23 hrs each and every day. What are you doing to make yourself better? What are you doing that is compromising your progress as an athlete? Are you being purposeful in your choices outside the pool? Start today by planning your week with at least 1 change that will benefit your training: hydration, fuel, recovery, sleep, stretching, relaxation techniques, core work, time management, positive mind set, etc.

## \*\*Parent Corner:

Welcome our two new Assistant Coaches for Novice and Beginner Groups: Coach KayLee Kocher (our one and only Pool Director) and Coach Lyndsey Rheil. We are excited to have them join our team. Please make them feel welcome and extend a hello!

High School starts this week—we will be sharing the pool with NB High School. Be prepared for a very busy and full pool for 12+ weeks.

Congrats to our High Point Winners at the SCAT Open: Bella Jones (13-14), Tucker Hood (13-14), and Ryan Trichler (15&O).

If your swimmer is interested in swimming in college—you and he/she can check out this helpful website: [www.lookforit.com](http://www.lookforit.com) Plug in their best times and view a color coded dashboard comparison of all US Colleges with their times. There are links to specific colleges, detailed cost analysis and “what if” analysis of potential college choices. This is a great reality check for swimmers and helps to set future goals. Have them click on “I’m an Athlete” to register and get started today.

Parents—if you have a question for a coach please send an email or set up an appointment.

See you at the pool! Coach Sasha [scat.coachsasha@gmail.com](mailto:scat.coachsasha@gmail.com)