



Weekly Rundown

1-10-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger, 6:15-7:00 Shark, 5:30-6:15 B, 5:15-6:30 S, 5:30-6:45 G, 5:30-7:00 SR1, 5:30-7:00 SR2, 5:30-7:30	S, 5:15-6:45 G, 5:00-6:45 SR1, 5:00-7:00 SR2, 5:00-7:00	Tiger, 6:15-7:00 Shark, 5:30-6:15 B, 5:15-6:30 S, 5:30-6:45 G, 5:30-7:00 SR1, 5:30-7:00 SR2, 5:30-7:30	S, 5:15-6:45 G, 5:00-6:45 SR1, 5:00-7:00 SR2, 5:00-7:00	B, 5:30-6:30 G, 5:30-7:00 SR1, 5:30-7:00 SR2, 5:30-7:00	Tiger, 8:15-9:00 Shark, 7:30-8:15 B, 8:00-9:00 S, 7:45-9:00 G, 7:30-9:00 SR1, 7:00-9:00 SR2, 7:00-9:00

Notes:

SR2- Senior 2, SR1- Senior 1, G- Gold, S- Silver, B- Bronze
 All practices are at Deaconess Aquatic Center

No changes to the schedule this week.

Coaches Corner

▶ Upcoming Meets

▶ NSC Chill Out (Jan 29-30)

- ▶ Registration deadline has passed. We will have more information out as we approach the meet.

▶ Nutrition Educational Meetings

- ▶ Coach Lindsay will be running two separate Nutrition meetings for our swimmers, designed to educate them on various nutrition topics relating to their diet, training and meet performance.

- ▶ **Bronze and Silver Groups: Monday 1/10, 5:15-5:30**

- ▶ **Gold and Senior Groups: Wednesday 1/12, 5:00-5:30**

- ▶ These are optional, but strongly encouraged!

Meet Recap

- ▶ We had a great meet this weekend, finishing third as a team at the JAWS Medalfest. Beast Mode training certainly paid off in a big way, with a ton of time drops and several new cuts. We were proud of the swimmers for all of their effort this weekend, trying new events, and having fun.
- ▶ New Time Cuts
 - ▶ State:
 - ▶ Wyatt Jones- 100 FR, 100 BK, 100 FL
 - ▶ 10&U Boys Medley Relay- Mason Afifi, Jackson Clem, Wyatt Jones, Bennett Engler
 - ▶ Divisional:

▶ Mason Afifi- 50 BR	Jackson Clem- 50 BR
▶ Jack Jones- 50 FR	Emma Orth- 100 FR
▶ Andrew Orth- 50 BK	Ella Woods- 50 BK, 100 BR
- ▶ Great job to June Mushrush and Charlie Herrell who competed in their first meet with us!

Meet Recap

▶ Most Time Drops:

- ▶ 8- Josie Boger
- ▶ 7- Wyatt Jones, Maggie Rhymer, Ella Woods
- ▶ 6- Jackson Clem, Jack Jones, Andrew Orth

▶ Biggest Time Drops:

▶ 500/1650 FR-

1. Josie Boger- 500 -38.52

2. Maggie Rhymer- 500 -12.53

3. Jack Jones- 1650 -5.87

▶ 200 Events-

1. Wyatt Jones- 200 IM -7.68

2. Owen Mercer- 200 BK -6.78

3. Josie Boger- 200 IM -6.18

▶ 100 Events-

1. Austen Basham- 100 FR -20.96

2. Austen Basham- 100 BK -16.04

3. Karissa Farmer- 100 BK -13.38

▶ 50 Events-

1. Austen Basham- 50 BK -9.53

2. Kennedy Hester- 50 FR -8.54

3. Bennett Engler- 50 BR -8.17

▶ Great job to everyone who competed!

Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ Clayton & Mitchell Hargett- 1/16

- ▶ Group Move Ups

- ▶ Congratulations to the following swimmers for moving into new groups! Keep up the hard work!
 - ▶ Ella Hillhouse- Gold
 - ▶ Nolan Hubiak- Gold
 - ▶ Rhea Singh- Gold
 - ▶ Elizabeth Abbott- Silver
 - ▶ Mackenzie Frohbieter- Silver
 - ▶ Avalynn Kunz- Silver