



Weekly Rundown

1-16-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	G- 5:15-7:00	TS- 5:30-6:30	G- 5:30-7:00 Rec	B- 5:15-6:30	JR/JRE- 6:45-9:00
B- 5:15-6:30	JR/JRE- 4:45-7:00	B- 5:15-6:30	JR/JRE- 4:00-5:30 Rec	S- 5:15-6:45	Comp G- 7:15-9:00
S- 5:15-6:45	SRE- 5:15-6:30 am	S- 5:15-6:45	SRE- 5:15-6:30 am	G- 5:15-7:00	Comp S- 9:00-10:30 Rec
G- 5:15-7:00		G- 5:15-7:00		JR/JRE- 5:15-7:00	B- 9:00-10:15 Rec
JR- 5:15-7:00 JRE- 5:15-7:30		JR- 5:15-7:00 JRE- 5:15-7:30			TSD- 9:00-10:00 Downtown Y

Notes:

SRE- Senior El., SR- Senior, JRE- Junior El., JR- Junior G- Gold, S- Silver, B- Bronze, TSD- Tiger Shark Dev.

All practices are at Deaconess Aquatic Center unless stated otherwise

We have changes to the schedule Thursday-Saturday this week due to the SIAC Championship meet being held at the DAC. Please note the pool being used for Thursday and Saturday. Tiger Sharks will be at the Downtown YMCA on Saturday. No changes Monday-Wednesday.

Coaches Corner

▶ Upcoming Events

- ▶ CGAC Winter Splash (January 27-29)
 - ▶ Registration Deadline has passed. More info to come.
- ▶ RAC Winter Invite (February 10-12)
 - ▶ Registration Deadline: Monday, 1/30
- ▶ SISC Championship (February 24-26)
 - ▶ Registration Deadline: Tuesday, 2/14

- ▶ We hope to see a large turnout out the SISC Championship meet. This will be our last meet that does not require time standards!
- ▶ As a reminder, we are the meet hosts for the upcoming Divisional Championships. Mark your calendars for March 3-5! More info coming soon.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Chloe Ambrose- 1/21
 - ▶ Mae Emerson- 1/21