

Weekly Rundown

1-17-2022

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	G, 5:15-6:45 SR1, 5:15-7:15 SR2, 5:15-7:15 @Boonville	B, 5:30-6:30 S, 5:30-6:45 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, unless indicated otherwise.

Thursday's practice has changed due to the DAC hosting Girls SIAC Championships. Gold and SR will practice at Boonville High School. Silver's practice is moved to Friday. No other changes to the schedule.

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.

▶ SWISC Conference Championships (Feb 25-27)

- ▶ Reminder that this is a team hosted event. We will have more information out soon. There will be sessions on Friday, Saturday and Sunday.

- ▶ The DAC is now requiring masks for swimmers and spectators. Please remind your swimmers that their mask needs to remain on, until we are about to start practice.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Brady Gener- 1/18
 - ▶ Chloe Ambrose- 1/21
 - ▶ Caroline Ivie- 1/21