

Weekly Rundown

1-2-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	G- 5:15-7:00	TS- 5:30-6:30	B- 5:15-6:30	G- 5:15-7:00	No Practice JAWS Meet
B- 5:15-6:30	JR/JRE- 4:45-7:00	B- 5:15-6:30	S- 5:15-6:45	JR/JRE- 5:15-7:00	
S- 5:15-6:45	SRE- 5:15-6:30 am	S- 5:15-6:45	G- 5:15-7:00		
G- 5:15-7:00		G- 5:15-7:00	JR/JRE- 4:45-7:00		
JR/JRE- 5:15-7:30		JR/JRE- 5:15-7:30	SRE- 5:15-6:30 am		

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 are back to our normal schedule this week. No practice on Saturday due to the Jasper Meet.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (January 6-8)
 - ▶ Updated meet info will be out this week.
- ▶ CGAC Winter Splash (January 27-29)
 - ▶ Registration Deadline has passed. More info to come.

- ▶ Our Beast Mode Training was an awesome success! We had 47 swimmers who attended all practices. It was a great two weeks of training, and we are looking forward to our athletes reaping the rewards as finish up with our remaining meets this season. See the next page for all of our athletes who completed Beast Mode.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Cooper Crummley- 1/2
 - ▶ Emma Orth- 1/2
 - ▶ Max Clem- 1/8

- ▶ Swimmer who completed all of Beast Mode Training:
 - ▶ Tiger Shark (7)- Eddie Atkins, Williams Cartwright, Max Clem, Nolan Huang, Jules Pace, Gianna Sauer, Henry Shumate
 - ▶ Bronze (10)- Jacob Aurand, Ryker Gordon, Jackson Hoesli, Isabelle Ice, Kathryn Link, Aubrie Persinger, Ben Rogers, Kaylee Thomas, Elin Wiener, Sydney Williams
 - ▶ Silver (2)- Payten Gordon, Justin Hall
 - ▶ Gold (14)- Makenna Crummley, Bennett Engler, Karissa Farmer, Declynn Fulton, Bella George, Sydnee Hape, Elaina Hill, Madalyn Huang, Wyatt Lickey, Brennan Link, Andrew Orth, Jake Rosenbarger, Jack Shumate, Molly Zahn
 - ▶ Junior (14)- Abram Kerr, Mason Afifi, Jackson Clem, Caroline Engler, Eli Fee, Ella Hillhouse, Gabbie Irvin, Wyatt Jones, Ryan Mazzier, Maryn Nellis, Emma Orth, Maggie Rhymer, Aiden Wiener, Ella Woods