



Weekly Rundown

1-23-2023

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	TS- 9:00-10:00 (YMCA)
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	B- 9:00-10:15
S- 5:15-6:45	SRE- 5:15-6:30 am	S- 5:15-6:45	G- 5:15-7:00		S- 9:00-10:30
G- 5:15-7:00		G- 5:15-7:00	JR/JRE- 4:45-7:00		G- 9:15-11:00
JR- 5:15-7:00		JR- 5:15-7:00	SRE- 5:15-6:30 am		JR- 9:15-11:00
JRE- 5:15-7:30		JRE- 5:15-7:30			

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

Normal schedule Monday-Friday this week! Only changes Saturday are for JR and Tiger Shark. Tiger Sharks will be at the Downtown YMCA, JRs will practice with Gold.

Coaches Corner

▶ Upcoming Events

- ▶ CGAC Winter Splash (January 27-29)
 - ▶ Updated meet info will be sent out this week.
- ▶ 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 at 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!
 - ▶ Ruthie Mercer- 1/24
 - ▶ Bella George- 1/25
 - ▶ Caroline Engler- 1/26
 - ▶ Sophie Engler- 1/26