



Weekly Rundown

1-24-2022

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	NO PRACTICE	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	NO PRACTICE Meet @NSC

Notes:

SR2- Senior 2, SR1- Senior 1, G- Gold, S- Silver, B- Bronze

All practices are at Deaconess Aquatic Center, unless indicated otherwise.

There will be no practice on Thursday due to the Boys SIAC Championships being hosted at the DAC. Silver has been added to practice on Friday. No practice Saturday due to the meet at NSC.

Coaches Corner

▶ Upcoming Meets

▶ NSC Chill Out (Jan 29-30)

- ▶ Entries, warmups and updated meet info will be sent out as soon as we have it. We are looking forward to a fast weekend at NSC.

▶ SISC Conference Championships (Feb 25-27)

- ▶ Participation is strongly encouraged. We want a large representation of our GREAT swimmers at this meet.
- ▶ This will be the last meet that does not require time standards to participate.
- ▶ This is a team hosted event. We will have the meet posted tomorrow. Volunteer sign ups will be posted next week. We will send out communication letting everyone know when sign ups will be open. Reminder that this will be the last opportunity to fulfill volunteer requirements.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Ruthie Mercer- 1/24
 - ▶ Caroline Engler- 1/26
 - ▶ Sophie Engler- 1/26