



Weekly Rundown

1-3-2022

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	S, 5:15-6:45 G, 5:00-6:45 SR1, 5:00-7:00 SR2, 5:00-7:00	No Practice JAWS Meet	No Practice JAWS Meet

Notes:

SR2- Senior 2, SR1- Senior 1, G- Gold, S- Silver, B- Bronze
 All practices are at Deaconess Aquatic Center

No practice Friday and Saturday due to the JAWS meet. No other changes.

Coaches Corner

▶ Upcoming Meets

- ▶ JAWS Medalfest (Friday-Sunday)
 - ▶ More information will be out later this week.
- ▶ NSC Chill Out (Jan 29-30)
 - ▶ Registration Deadline: Thursday 1/6

▶ Nutrition Educational Meetings

- ▶ Coach Lindsay will be running two separate Nutrition meetings for our swimmers, designed to educate them on various nutrition topics relating to their diet, training and meet performance.
 - ▶ **Bronze and Silver Groups: Monday 1/10, 5:15-5:30**
 - ▶ **Gold and Senior Groups: Wednesday 1/12, 5:00-5:30**
- ▶ These are optional, but strongly encouraged! More info to come.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Aiden Kulenkamp- 1/5
- ▶ Congratulations to all of our swimmers who completed the Beast Mode Challenge:
 - ▶ Bronze- Elizabeth Abbott, Caroline Creager, Karly Duke, Mackenzie Frohbieter, Will Hargett, Charlie Herrell, Isabelle Ice, Mason Lickey, Wyatt Lickey, Ben Rogers
 - ▶ Silver- Austen Basham, Rocco Cayzedo, Brooks Creager, Bennett Engler, Karissa Farmer, Declynn Fulton, Elaina Hill, Madelyn Huang, Jack Shumate, Sydnee Hape, Molly Zahn
 - ▶ Gold- Caroline Engler, Sophie Engler, Lucas Frohbieter, Lily Graber, Wyatt Jones, Maryn Nellis
 - ▶ Senior- Danosh Banks, Gabbie Irvin, Jack Jones, Owen Mercer, Ella Woods