

# Weekly Rundown

1-31-2022

# Practice Schedule

| Monday                                                                                                                                                                                    | Tuesday                                                                                              | Wednesday                                                                                                                                                                                 | Thursday           | Friday                                                                                                                          | Saturday                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Tiger, 6:15-7:00</b><br><b>Shark, 5:30-6:15</b><br><br><b>B, 5:15-6:30</b><br><br><b>S, 5:30-6:45</b><br><br><b>G, 5:30-7:00</b><br><br><b>SR1, 5:30-7:00</b><br><b>SR2, 5:30-7:30</b> | <b>S, 5:15-6:45</b><br><br><b>G, 5:00-6:45</b><br><br><b>SR1, 5:00-7:00</b><br><b>SR2, 5:00-7:00</b> | <b>Tiger, 6:15-7:00</b><br><b>Shark, 5:30-6:15</b><br><br><b>B, 5:15-6:30</b><br><br><b>S, 5:30-6:45</b><br><br><b>G, 5:30-7:00</b><br><br><b>SR1, 5:30-7:00</b><br><b>SR2, 5:30-7:30</b> | <b>NO PRACTICE</b> | <b>B, 5:30-6:30</b><br><br><b>S, 5:30-6:45</b><br><br><b>G, 5:30-7:00</b><br><br><b>SR1, 5:30-7:00</b><br><b>SR2, 5:30-7:00</b> | <b>Tiger, 8:15-9:00</b><br><b>Shark, 7:30-8:15</b><br><br><b>B, 8:00-9:00</b><br><br><b>S, 7:45-9:00</b><br><br><b>G, 7:30-9:00</b><br><br><b>SR1, 7:00-9:00</b><br><b>SR2, 7:00-9:00</b> |

## 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 Girls Sectional Championships being hosted at the DAC. Silver has been added to practice on Friday. No other changes to the schedule.

# Coaches Corner

## ▶ Upcoming Meets

### ▶ 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. Volunteer sign ups will be posted this 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.

## ▶ Meet Recap

- ▶ Great job to all of our swimmers who competed this weekend! We are still waiting on final results. We will email those out with a meet recap once we have them.
- ▶ We have one final stretch of practices before our Championship meets begin. We encourage as much practice participation as possible these final weeks.

# Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ Karly Duke- 2/6

- ▶ Group Move Ups

- ▶ Congratulations to the following swimmers for moving into new groups! Keep up the hard work!

- ▶ Adrienne Lowe- Gold

- ▶ Caroline Engler- Senior 1

- ▶ Sophie Engler- Senior 1