



# Weekly Rundown

1-9-2023

# Practice Schedule

| Monday         | Tuesday           | Wednesday                       | Thursday          | Friday            | Saturday          |
|----------------|-------------------|---------------------------------|-------------------|-------------------|-------------------|
| TS- 5:30-6:30  | G- 5:15-7:00      | TS- 5:30-6:30                   | G- 5:15-7:00      | B- 5:15-6:30      | JR/JRE- 7:00-9:15 |
| B- 5:15-6:30   | JR/JRE- 4:45-7:00 | B- 5:15-6:30                    | JR/JRE- 4:45-7:00 | S- 5:15-6:45      | G- 9:00-10:45     |
| S- 5:15-6:45   | SRE- 5:15-6:30 am | S- 5:15-6:45                    | SRE- 5:15-6:30 am | G- 5:15-7:00      | S- 9:00-10:30     |
| JR- 5:15-7:00  |                   | G- 5:15-7:00                    |                   | JR/JRE- 5:15-7:00 | B- 9:00-10:15     |
| JRE- 5:15-7:30 |                   | JR- 5:15-7:00<br>JRE- 5:15-7:30 |                   |                   | TSD- 9:00-10:00   |

## 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 have a few changes to the schedule this week due to some High School meets at the DAC. Practice has been cancelled Monday for the Gold Group. Thursday's practice has been moved to Friday for the Bronze and Silver groups. We apologize for any inconvenience.

# Coaches Corner

## ▶ Upcoming Events

### ▶ CGAC Winter Splash (January 27-29)

▶ Registration Deadline has passed. More info to come.

▶ We had a great meet this past weekend in Jasper. We had a ton of time drops and several cuts. Be on the lookout for the meet recap!

▶ Mark your calendars for March 3<sup>rd</sup>-5<sup>th</sup>. We will be co-hosting the SW Indiana Divisionals with NSC at the DAC. This is a large undertaking for swim clubs and we will need a lot of volunteer help. Be on the lookout for more info in the coming weeks!

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ No birthdays this week.