

Weekly Rundown

10-10-2022

Practice Schedule

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

JRE/SR/SRE practices have been adjusted Monday and Tuesday morning of this week. No other changes to the schedule this week.

Coaches Corner

▶ Upcoming Events

▶ Swim-A-Thon

- ▶ Oct. 22nd, 9:00 am – Mark your calendars!
- ▶ Individual and Team Pictures will be held this day as well, starting at 8:00 am.

BOON Outside Smoke (10/29-10/30)

- ▶ Registration Deadline: Tuesday, October 18th

- ▶ Reminder, This Thursday we will be having a nutrition talk with Synergy Dryland. It will be via Zoom at 7:30 after practice. Please refer to your email for more information and the meeting invite.
- ▶ Make sure to mark your calendars for Oct. 22nd. Our Swim-A-Thon will be a fun event for all involved. Swimmers and families should be working towards their fundraising minimum over the next two weeks.
- ▶ We had a great first meet this weekend! In an effort to get the rundowns out quicker I will be sending the Meet Recaps out in a separate email. Be on the lookout for that tomorrow!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Bristol Saunders- 10/14
 - ▶ Makenna Cummings- 10/15