

Weekly Rundown

10-11-2021

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	B, 5:30-6:30 G, 5:30-7:00 SR1, 5:30-7:00 SR2, 5:30-7:00	Tiger, 8:15-9:00 Shark, 7:30-8:15 B, 8:00-9:00 S, 7:45-9:00 G, 7:30-9:00 SR1, 7:00-9:00 SR2, 7:00-9:00

Notes:

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

No changes to the schedule this week.

Coaches Corner

- ▶ Thank you all for a great first week at the DAC. We hope our swimmers and families are enjoying the new facility. It has been great having all our groups back in the same place. A few reminders below:
 - ▶ All spectators at practice need to sit on the north side of the bleachers, closest to the scoreboard. Spectators are not allowed on the south side of the stairwell.
 - ▶ Unless there is an emergency, parents/spectators are not allowed on deck during practice. If you need to speak with a coach, we are available before and after practice.
 - ▶ Swimmers should be receiving their scan cards this week or next. We will get that information out when we have it.
- ▶ BOON Outside Smoke (Oct. 29-31)
 - ▶ Deadline to sign up is this Thursday, October 14th.
 - ▶ They are expecting spectators to be allowed. They may have to cancel the Friday session. If that is the case, we will let everyone know asap.

Meet Recap

- ▶ We had a great first meet of the season. Our swimmers came ready to race, and we had a lot of great swims and several time drops. It was great having our swimmers back on deck, able to cheer on and support their teammates, and that they did. Our team spirit was on full display.
- ▶ The time standards for this year are not out yet, so we do not have any new cuts achieved to report. They should be posted soon, and once they are we will send them out to everyone.

Meet Recap

▶ Most Time Drops:

- ▶ 8- Jack Jones, Emma Orth
- ▶ 7- Lucas Frohbieter
- ▶ 5- Jackson Clem, Maryn Nellis

▶ Biggest Time Drops:

▶ 200 Events-

1. Emma Orth- 200 FR -24.60

2. Elaina Hill- 200 FR -23.79

3. Maryn Nellis- 200 FR -20.67

▶ 100 Events-

1. Kiley Standring- 100 FR -23.48

2. Kiley Standring- 100 BK -21.51

3. Elaina Hill- 100 FR -20.91

▶ 50 Events-

1. Aiden Kulenkamp- 50 FL -13.46

2. Declynn Fulton- 50 FR -10.78

3. Elaina Hill- 50 BR -9.38

▶ Great job to everyone who competed!