

Weekly Rundown

10-18-2021

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

- ▶ It has been great settling into a normal routine these past two weeks. As the season begins to pick up steam, we are excited for the opportunities that lay ahead for our swimmers.
- ▶ We will be getting into goal setting this week with our competitive groups. Parents, be on the lookout for goal sheets coming home with the swimmers.
- ▶ BOON Outside Smoke (Oct. 29-31)
 - ▶ Entries and an updated meet letter will be sent out next week once we have finalized meet information.