

# Weekly Rundown

10-3-2022

# Practice Schedule

| Monday                                                                                        | Tuesday                                                                            | Wednesday                                                                                     | Thursday                                                                                                       | Friday                                                           | Saturday                |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------|
| TSD- 5:30-6:30<br>B- 5:15-6:30<br>S- 5:15-6:45<br>G/JR- 5:15-7:00<br>JRE/SR/SRE-<br>4:00-6:15 | G- 5:15-7:00<br>JR- 4:45-7:00<br><br>SRE- 5:15-6:30 am<br>JRE/SR/SRE-<br>4:00-6:15 | TSD- 5:30-6:30<br>B- 5:15-6:30<br>S- 5:15-6:45<br>G/JR- 5:15-7:00<br>JRE/SR/SRE-<br>4:00-6:15 | B- 5:15-6:30<br>S- 5:15-6:45<br>G- 5:15-7:00<br>JR- 4:45-7:00<br>SRE- 5:15-6:30 am<br>JRE/SR/SRE-<br>4:00-6:15 | G- 5:15-7:00<br>JR-<br>4:45-7:00<br><br>JRE/SR/SRE-<br>4:00-6:15 | No Practice<br>NSC Meet |

## 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

No practice on Saturday due to the NSC meet. No other changes to the schedule this week.

# Coaches Corner

## ▶ Upcoming Events

### ▶ NSC Fall Fling (10/8-10/9) @DAC

- ▶ Entries and updated meet information will be sent out this week.

### ▶ Swim-A-Thon

- ▶ Oct. 22<sup>nd</sup>, 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)

- ▶ Meet info to come.

- ▶ We are excited for our first meet this weekend. The swimmers have been working hard at practice, and we are looking forward to seeing that hard work pay off.

- ▶ Make sure to mark your calendars for Oct. 22<sup>nd</sup>. 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 few weeks.

# Swimmer Spotlight

- ▶ Happy Birthday!
  - ▶ Julls Pace- 10/5
  - ▶ Meyer Hermann- 10/8