

Weekly Rundown

10-4-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger, 6:15-7:00 Shark, 5:30-6:15 B, 5:30-6:30 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

We will not have dryland for Bronze on Monday due to it being the first practice in the new pool. Dryland will begin on Tuesday for the groups. No other changes.

Coaches Corner

- ▶ We are excited to start in the new Deaconess Aquatic Center today. The grand opening went great on Friday, and our swimmers really seemed to enjoy it.
- ▶ Swim Meets
 - ▶ NSC Fall Fling
 - ▶ We will send out an updated meet letter soon.
 - ▶ Reminder that they have moved up the warm up time, and are now allowing spectators.
 - ▶ BOON Outside Smoke
 - ▶ Deadline to sign up is Thursday, October 14th.