

Weekly Rundown

11-1-2021

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

- ▶ We are excited to get back to practice this week and work on our takeaways from the meet. Our swimmers have been working hard and we are ready to keep the momentum going.
- ▶ We started distributing caps to new swimmers last week. If your swimmers has yet to receive one, just have them ask a coach. We will also be doing a custom cap order (where swimmers can get their names on the cap) later this month, so be on the lookout for that.
- ▶ GEVV Turkey Splash (Nov. 13-14)
 - ▶ Deadline to sign up your swimmer is Sunday (Nov 7th).
 - ▶ Thank you to everyone who has signed up to help with the meet. We will be following up with everyone next week with more details.
 - ▶ We will have entries, and updated meet info out next week as well.

Meet Recap

- ▶ We had a great meet this weekend. Our kids were fired up to be on deck with their teammates and it was great to see their team spirit on full display. We had a ton of great swims and time drops, and we are left with a lot to be excited about moving forward.
- ▶ The time standards for this year are still not out yet, so we do not have any new cuts achieved to report. As soon as we have them, we will send them out.
- ▶ Great job to all of our swimmers competing in their first meet!
 - ▶ Chloe Ambrose, Layla Hagan, Sydnee Hape, Ella Hillhouse, Nolan Hubiak, Berklee Meyer, Ben Rogers, Rhea Singh, Logan Tenison, Molly Zahn, Caden Zeidler

Meet Recap

▶ Most Time Drops:

- ▶ 10- Josie Boger, Ella Woods
- ▶ 8- Jack Jones
- ▶ 7- Lauren Cottrell, Harper Haynie, Gabbie Irvin

▶ Biggest Time Drops:

▶ 200 Events-

1. Ayden Poole- 200 BK -23.56

2. Gabbie Irvin- 200 BR -22.50

3. Jordan Gehlhausen- 200 BR -21.71

▶ 100 Events-

1. Ella Woods- 100 FL -20.93

2. Mason Afifi- 100 BK -17.44

3. Josie Boger- 100 FL -16.58

▶ 50 Events-

1. Lauren Cottrell- 50 FL -9.75

2. Andrew Orth- 50 BK -9.73

3. Jayden Schneider- 50 FR -7.67

▶ Great job to everyone who competed!