

Weekly Rundown

11-14-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TSD- 5:30-6:30	G- 5:15-7:00	TSD- 5:30-6:30	B- 5:15-6:30	G- 5:15-7:00	JR/JRE- 7:00-9:15
B- 5:15-6:30	JR/JRE- 4:45-7:00	B- 5:15-6:30	S- 5:15-6:45	JR/JRE- 5:15-7:00	G- 9:00-10:45
S- 5:15-6:45	SRE- 5:15-6:30 am	S- 5:15-6:45	G- 5:15-7:00		S- 9:00-10:30
G- 5:15-7:00		G-5:15-7:00	JR/JRE- 4:45-7:00		B- 9:00-10:15
JR- 5:15-7:00		JR- 5:15-7:00	SRE- 5:15-6:30 am		TSD- 9:00-10:00
JRE- 5:15-7:30		JRE- 5:15-7:30			

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

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

▶ MTV Candy Cane Classic (12/2-4)

▶ Registration Deadline: Monday 11/21

▶ FRST Holiday Season Slam (12/9-11)

▶ Registration Deadline has passed. We will be able to send an update entry file in a few weeks.

▶ Our November Food Drive is off and running with items starting to roll in. Make sure to send your swimmers to the pool with some items over the course of the month. The group with the most donations will get a pizza party in December!

▶ Thank you to everyone who helped make this weekend a success! We couldn't do it without the help of all of our GREAT parents!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Mack Nichols- 11/17