

Weekly Rundown

11-21-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	G- 5:15-7:00	TS- 10:00-11:00	No Practice Happy Thanksgiving!	JR/JRE- 9:45-12:00	JR/JRE- 8:45-11:00
B- 5:15-6:30	JR/JRE- 4:45-7:00	B- 10:00-11:15			G- 9:00-10:45
S- 5:15-6:45		S- 10:00-11:30			S- 9:00-10:30
G- 5:15-7:00	SRE- 5:15-6:30 am	G-9:45-11:30			B- 9:00-10:15
JR- 5:15-7:00 JRE- 5:15-7:30		JR- 9:45-12:00 JRE- 9:45-12:00			TSD- 9:00-10:00

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

Adjusted schedule this week due to Thanksgiving break. Wednesday, Friday and Saturday practices are all AM. Normal schedule Monday and Tuesday.

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!

▶ Mark your calendars for Wednesday 12/14. We will be having our annual Christmas party for the team that evening from 5:30-7:30 in place of practice. More info will be out this week.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Lily Graber- 11/21
- ▶ Shoutout to our Synergy Dryland Contest Winners!
 - ▶ Jackson Clem, Makenna Cummings, Ella Hillhouse, Oliver Kress, Avalynn Kunz, Andrew Orth