

Weekly Rundown

11-28-2022

Practice Schedule

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

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

High School meets start this week. Moving forward there may be schedule changes depending on what all is going on at the pool that week. We always do everything we can to limit schedule changes. That said, it is generally out of our control. No practice for Gold on Wednesday. Silver practice has been moved from Wednesday to Tuesday. Only JR groups will have practice Saturday due to MTV meet.

Coaches Corner

▶ Upcoming Events

- ▶ MTV Candy Cane Classic (12/2-4)
 - ▶ More info out this week.
- ▶ FRST Holiday Season Slam (12/9-11)
 - ▶ Registration Deadline has passed. More info to come.

- ▶ Our November Food Drive is wrapping up. Swimmers have through Wednesday to bring items. We will calculate the winning group by the end of the week. The group with the most average donations will get a pizza party on Monday December 5th!
- ▶ 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. Please check your email for more info.
- ▶ We are excited to be bringing back our Beast Mode training during winter break. Schedule to come soon.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Caroline Creager- 11/30