



Weekly Rundown

12-12-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	G- 5:15-7:00	XMAS Party All Groups	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	5:30-7:30:	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	5:30-6:30 In Water	G- 5:15-7:00		S- 9:00-10:30
G- 5:15-7:00		6:30-7:30 Upstairs	JR/JRE- 4:45-7:00		B- 9:00-10:15
JR- 5:15-7:00			SRE- 5:15-6:30 am		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

No practice for Junior Elite today, Juniors still have practice offered alongside Gold.

Coaches Corner

▶ Upcoming Events

▶ JAWS Medalfest (January 6-8)

▶ Registration Deadline: Tuesday, 12/27

▶ Christmas Party is this Wednesday from 5:30-7:30. Secret Santa forms have been passed out, if your athlete hasn't received theirs, have them check with their coach.

▶ Beast Mode (Winter Break) Training Schedule will be out this week! We've had a great two weeks of meets, and are looking forward to this training, and the meets that will follow.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Lu Glisson- 12/12
 - ▶ Jaxxon Holder- 12/16
 - ▶ Braylen Gibson- 12/17