

Weekly Rundown

12-19-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30pm	G- 9:45-11:15	TS- 5:30-6:30pm	B- 10:00-11:15	G- 9:45-11:30	No Practice
B- 10:00-11:15	JR- 9:45-12:00	B- 10:00-11:15	S- 10:00-11:30	JR- 9:45-12:00	
S- 10:00-11:30		S- 10:00-11:30	G- 9:45-11:30		
G- 9:45-11:30		G- 9:45-11:30	JR- 9:45-12:00		
JR- 9:45-12:00		JR- 7:45-10:00			

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

Our Winter Break schedule starts this week. As a reminder, for those still in school Monday, we will have additional lane space for those to attend Monday evening from 5:15-7:00.

Coaches Corner

▶ Upcoming Events

- ▶ JAWS Medalfest (January 6-8)
 - ▶ Registration Deadline: Tuesday, 12/27
- ▶ CGAC Winter Splash (January 27-29)
 - ▶ Registration Deadline: Thursday, 12/29

- ▶ Our Beast Mode Training is back! We encourage everyone to take advantage of this training period, as it will pay major dividends down the road. We've had a great two weeks of meets, and are looking forward to this training, and the meets that will follow.

- ▶ Merry Christmas to everyone!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Sydney Williams- 12/19
 - ▶ June Mushrush- 12/22