

Weekly Rundown

12-20-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B, 10:00-11:00	S, 10:00-11:15	B, 10:00-11:00	B, 10:00-11:00	No Practice	No Practice
S, 10:00-11:15	G, 10:00-11:30	S, 10:00-11:15	S, 10:00-11:15		
G, 10:00-11:30	SR, 10:00-12:00	G, 10:00-11:30	G, 10:00-11:30		
SR, 10:00-12:00		SR, 8:00-10:00	SR, 10:00-12:00		

Notes:

SR2- Senior 2, SR1- Senior 1, G- Gold, S- Silver, B- Bronze

All practices are at Deaconess Aquatic Center

Winter Break schedule starts this week. SR is 8:00-10:00 on Wednesday. No practice on Friday or Saturday.

Coaches Corner

- ▶ Winter Break Training
 - ▶ Reminder, that our Beast Mode Challenge is returning this week. Each swimmer participating in all of their groups practices during break will receive a Beast Mode T-shirt.
- ▶ Upcoming Meets
 - ▶ JAWS Medalfest (Jan 7-9)
 - ▶ Registration Deadline- Thursday, 12/30
 - ▶ NSC Chill Out (Jan 29-30)
 - ▶ Registration Deadline- Thursday, 1/6
- ▶ Merry Christmas to everyone!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ June Mushrush- 12/22
 - ▶ Maryn Nellis- 12/26