

Weekly Rundown

12-26-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30pm	JR- 9:45-12:00	TS- 5:30-6:30pm	B- 10:00-11:15	G- 9:45-11:30	TS- 10:00-11:00
B- 10:00-11:15		B- 10:00-11:15	S- 10:00-11:30	JR- 9:45-12:00	B- 10:00-11:15
S- 10:00-11:30		S- 10:00-11:30	G- 9:45-11:30		S- 10:00-11:30
G- 9:45-11:30		G- 9:45-11:30	JR- 9:45-12:00		G- 9:45-11:30
JR- 9:45-12:00		JR- 9:45-12:00			JR- 9:45-12:00

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

Winter Break Schedule.

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.
- ▶ Both deadlines for our January meets are this week. Make sure to get your swimmer registered before the deadline.
- ▶ Happy New Year to everyone!

Swimmer Spotlight

▶ Happy Birthday!

- ▶ Eddie Atkins- 12/26
- ▶ Maryn Nellis- 12/26
- ▶ Blake Druschke- 12/28
- ▶ Ada Emerson- 12/30
- ▶ Emily Ice- 1/1