



Weekly Rundown

12-27-2021

Practice Schedule

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

Coaches Corner

▶ Winter Break Training

- ▶ We are off to a great start with our Beast Mode training. Attendance has been great, and we've had some good training to go along with some fun.

▶ Upcoming Meets

- ▶ JAWS Medalfest (Jan 7-9)
 - ▶ Registration Deadline- Thursday, 12/30
- ▶ NSC Chill Out (Jan 29-30)
 - ▶ Registration Deadline- Thursday, 1/6

- ▶ We hope everyone had a Merry Christmas and wish everyone a safe and happy New Year!

Swimmer Spotlight

▶ Happy Birthday!

▶ Emma Orth- ½

▶ Group Move Ups

Emmett Bowman- Shark

Jackson Majtyka- Shark

Olivia Majtyka- Shark

Neveah Riecken- Shark

Lillian Steinker- Shark

Eden Bowman- Bronze

Caroline Creager- Bronze

Sophia Kunz- Bronze

Mason Lickey- Bronze

Wyatt Lickey- Bronze

Sloane Sensenbrenner- Bronze