

Weekly Rundown

12-6-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger, 6:15-7:00 Shark, 5:30-6:15 B, 5:15-6:30 S, 5:30-6:45 G, 5:30-7:00 SR1, 5:30-7:00 SR2, 5:30-7:30	S, 5:15-6:45 G, 5:00-6:45 SR1, 5:00-7:00 SR2, 5:00-7:00	Christmas Party All Groups 5:30-7:30	S, 5:15-6:45 G, 5:00-6:45 SR1, 5:00-7:00 SR2, 5:00-7:00	B, 5:30-6:30 G, 5:30-7:00 SR1, 5:30-7:00 SR2, 5:30-7:00	Tiger, 8:15-9:00 Shark, 7:30-8:15 B, 8:00-9:00 S, 7:45-9:00 G, 7:30-9:00 SR1, 7:00-9:00 SR2, 7:00-9:00

Notes:

SR2- Senior 2, SR1- Senior 1, G- Gold, S- Silver, B- Bronze
 All practices are at Deaconess Aquatic Center

The only change to the schedule this week is Wednesday, when we have our Christmas Party at the DAC.

Coaches Corner

▶ Christmas Party

- ▶ Wednesday 5:30-7:30 at the DAC
- ▶ Don't forget to get your Secret Santa gift

▶ Winter Break Training

- ▶ The winter break training schedule will be out this week. Reminder, that our Beast Mode Challenge will be returning this break. Each swimmer participating in all of their groups practices will receive a t-shirt.

Meet Recap

- ▶ We had a great meet this weekend, finishing first as a team at the Candy Cane Classic. We finished off our final meet of 2021 with several time drops and time cuts. We now turn our attention to the next several weeks of training, which will be critical to our end of season success.
- ▶ New Time Cuts
 - ▶ Divisional:
 - ▶ Mason Afifi- 100 BR, 100 FL, 200 IM
 - ▶ Gabbie Irvin- 200 FR
 - ▶ Owen Mercer- 200 BK

Meet Recap

▶ Most Time Drops:

- ▶ 7- Sophie Engler
- ▶ 6- Alex Cameron
- ▶ 5- Mason Afifi, Lauren Cottrell, Caroline Engler, Emma Orth

▶ Biggest Time Drops:

▶ 500/1650 FR-

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| ▶ 1. Jack Jones- 1650 -9.89 | 2. Maggie Rhymer- 500 -9.19 |
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▶ 200 Events-

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| 1. Lance Smith- 200 BK -4.66 | 2. Gabbie Irvin- 200 FR -4.02 | 3. Claire Coe- 200 IM -2.64 |
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▶ 100 Events-

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| 1. Trey Grangier- 100 FR -16.60 | 2. Trey Grangier- 100 BK -15.99 | 3. Bennett Engler- 100 FR -13.98 |
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▶ 50 Events-

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| 1. Alex Cameron- 50 FL -20.19 | 2. Alex Cameron- 50 FR -10.25 | 3. Charlie Martin- 50 BK -8.74 |
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▶ Great job to everyone who competed!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Karissa Farmer- 12/8
- ▶ Great job to our swimmers who had the top attendance percentage in their group during the month of November!
 - ▶ SR- Ella Woods/Brilee Knight
 - ▶ Gold- Wyatt Jones
 - ▶ Silver- Declynn Fulton
 - ▶ Bronze- Isabelle Ice
 - ▶ Shark (Session 1)- Mason Lickey/Charlie Martin
 - ▶ Tiger (Session 1)- Henry Shumate/Olivia Majtyka