

Weekly Rundown

4-11-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger Shark, 5:30-6:30 B, 5:15-6:30 S, 5:15-6:45 G, 5:15-7:00 SR, 5:15-7:00 SRE, 5:15-7:00	G, 5:15-7:00 SR, 5:00-7:00 SRE, 5:00-7:00	Tiger Shark, 5:30-6:30 B, 5:15-6:30 S, 5:15-6:45 G, 5:00-7:00 SR, 5:15-7:00 SRE, 5:15-7:00	S, 5:15-6:45 G, 5:15-7:00 SR1, 5:00-7:00 SR2, 5:00-7:00	No Practice	No Practice

Notes:

SRE- Senior Elite, SR- Senior, G- Gold, S- Silver, B- Bronze, TSD- Tiger Shark Dev.

All practices are at Deaconess Aquatic Center unless stated otherwise

With it being the first week back, there are a few adjustments to the schedule. No practice Friday and Saturday. Senior groups will let out at 7:00 both Monday and Wednesday. Gold will start at 5:15 on Monday.

Coaches Corner

▶ Upcoming Events

▶ Fitter & Faster Clinic (4/30-5/1)

- ▶ We are excited about the upcoming Fitter & Faster Clinic at the DAC.
- ▶ Spots are filling quick.

▶ NSC Spring Spotlight (May 13-15)

- ▶ Meet will be posted this week.
- ▶ They are also hosting a clinic that same weekend, with Olympian Blake Pieroni.

▶ Long Course season starts this week. We are excited to get back on the pool deck with the swimmers. A few reminders below.

- ▶ Make sure that your swimmer is registered by the end of the week.
- ▶ Make sure your swimmer has all of the necessary practice equipment for their training group.