

Weekly Rundown

4-18-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger Shark, 5:30-6:30	G, 5:15-7:00	Tiger Shark, 5:30-6:30	S, 5:15-6:45	B, 5:15-6:30	Tiger Shark, 9:00-10:00
B, 5:15-6:30	SR, 5:00-7:00 SRE, 5:00-7:00	B, 5:15-6:30	G, 5:15-7:00	G, 5:15-7:00	B, 9:00-10:15
S, 5:15-6:45		S, 5:15-6:45	SR, 5:00-7:00 SRE, 5:00-7:00	SR, 3:45-5:30 SRE, 3:45-5:30	S, 9:00-10:30
G, 5:00-7:00		G, 5:00-7:00			G, 7:15-9:00
SR, 5:15-7:30 SRE, 5:15-7:30		SR, 5:15-7:30 SRE, 5:15-7:30			SR, 7:00-9:00 SRE, 7:00-9:00

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

Back to a normal schedule this week. No changes.

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)

- ▶ Registration is open. Deadline: Monday, May 2nd.
- ▶ There are two clinics that weekend as well. Registration is on the NSC website.

▶ We had a great first week back in the water. Reminder to get your swimmer registered, and make sure that they have all of their necessary equipment.

- ▶ We'll be passing out goal sheets this week. We will email them out to parents as well. Make sure to review with your swimmer.