

Weekly Rundown

4-3-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	JRE/SRE- 4:00-5:30 OPTIONAL	JRE/SRE- 4:00-5:30 OPTIONAL	JRE/SRE 4:00-5:30 OPTIONAL	No Practice	No Practice

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

JRE and SRE groups have optional practices from Tuesday-Thursday this week. No practices otherwise.

Coaches Corner

▶ Upcoming Events

▶ Long Course First Practice

▶ **Monday, April 10th!**

▶ Fitter & Faster Clinic (April 29-30)

▶ Time is running out to get your athlete signed up.

▶ Registration for Long Course 2023 is up and running. Please make sure your athlete is registered before their first practice!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Jack Shumate- 4/3
 - ▶ Wyatt Lickey- 4/9