

Weekly Rundown

5-22-2023

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TS- 5:30-6:30	G- 5:15-7:00	TS- 5:30-6:30	B- 5:15-6:30	JR/JRE/SR/SRE- 7:00-9:15 am	TS- 9:00-10:00
B- 5:15-6:30	JR- 4:45-7:00	B- 5:15-6:30	S- 5:15-6:45		B- 9:00-10:15
S- 5:15-6:45	JRE/SR/SRE- 4:00-6:15	S- 5:15-6:45	G- 5:15-7:00		S- 9:00-10:30
G- 5:15-7:00		G- 5:15-7:00	JR- 4:45-7:00		G- 9:00-10:45
JR- 5:15-7:00		JR- 5:15-7:00	JRE/SR/SRE- 4:00-6:15 pm		JR/JRE/SR/SRE- 7:00-9:15
JRE/SR/SRE- 4:00-6:15		JRE/SR/SRE- 4:00-6:15			

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

JR and SR groups will practice 7:00-9:15 am on Friday, with no Gold practice that evening. Normal practice schedule for rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ JET Invitational (June 3-4)
 - ▶ **Registration Deadline: Today, Monday 22nd**
- ▶ GREAT Shark Bait Showdown (June 23-25)
 - ▶ **Registration Deadline: Monday, 6/12**
- ▶ NOB Enchanted Forest (July 7-9)
 - ▶ **Registration Deadline: Passed**
 - ▶ **We can make adjustments and additions to our entries through July 1st.**

- ▶ We hope everyone's summer gets off to a great start over the next week! Starting Friday this week we will switch to the summer schedule. For most groups there will be no changes. Please make sure you have reviewed the summer schedule for any changes.
- ▶ No practice next Monday, May 29th. Have a great Memorial Day Weekend!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Hope Guillaume- 5/23
 - ▶ Isaac Lickey- 5/27

PCA

- ▶ Following up with what we shared last week, this week we have an article regarding the role of culture keepers. We encourage and empower all of our parents to be culture keepers, and help solidify who we are and what we are about.
- ▶ Role Of The Culture Keeper
- ▶ <https://devzone.positivecoach.org/resource/article/role-culture-keeper>