



Weekly Rundown

6-20-2022

Practice Schedule

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

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

Normal practice schedule Monday-Thursday. No practice Friday or Saturday due to the Shark Bait Showdown.

Coaches Corner

▶ Upcoming Events

▶ GEVV Shark Bait Showdown (June 24-26)

▶ Volunteer sign ups have been posted.

▶ Seymour Splash (July 15-17)

▶ Registration Deadline: Thursday, June 23rd.

- ▶ We are looking forward to hosting the Shark Bait Showdown this weekend. We will need a lot of help to ensure this weekend will be a success. Make sure to look over the volunteer sign ups and get signed up for something.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Jaxon Cook- 6/21
 - ▶ Lance Smith- 6/21
 - ▶ Ella Woods- 6/22