

Weekly Rundown

7-11-2022

Practice Schedule

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

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

No practice for Bronze and Silver on Saturday, due to the Seymour meet. Normal schedule the rest of the week.

Coaches Corner

▶ Upcoming Events

- ▶ Seymour Splash (July 15-17)
 - ▶ More info to come.
- ▶ Senior State (July 14-17)
 - ▶ More info to come.
- ▶ Age Group State (July 22-24)
 - ▶ Registration Deadline: Wednesday, July 13th
- ▶ Divisionals (July 29-31)
 - ▶ Registration Deadline: Wednesday, July 20th

- ▶ We have several meets approaching to wrap up our season. Make sure to get your swimmer signed up for Age Group State or Divisionals if you have yet to do so.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Josie Boger- 7/15