

Weekly Rundown

7-4-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	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	SR, 6:45-9:00 SRE, 6:45-9:00 G, 7:15-9:00	SR, 6:00-7:45 SRE, 6:00-7:45 G, 6:00-7:45

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 today. Happy 4th! The City Swim meet is at the DAC on Saturday. Therefore, we will only have SR and Gold practice that morning, from 6:00-7:45 AM.

Coaches Corner

▶ Upcoming Events

- ▶ Seymour Splash (July 15-17)
 - ▶ More info to come.
- ▶ Senior State (July 14-17)
 - ▶ Registration Deadline: Wednesday, July 6th
- ▶ Age Group State (July 22-24)
 - ▶ Registration Deadline: Wednesday, July 13th
- ▶ Divisionals (July 29-31)
 - ▶ Registration Deadline: Wednesday, July 20th

- ▶ We are looking forward to wrapping up our long course season with some fast swimming. We are putting together short course information for the fall and winter, and will have that information out in the coming weeks.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Amelia Earles- 7/6
 - ▶ Henry Shumate- 7/7
 - ▶ Declynn Fulton- 7/10