

Weekly Rundown

8-15-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	No Practice	No Practice	No Practice	No Practice	No Practice

Notes:

SRE- Senior Elite, SR- Senior, JRE- Junior Elite, JR- Junior G- Gold, S- Silver, B- Bronze, TSD- Tiger Shark Dev.
All practices are at Deaconess Aquatic Center unless stated otherwise

No practices this week.

Coaches Corner

- ▶ Registration for the Short Course season is up and running. We had some technical glitches over the weekend, but we have been informed that everything should be running smoothly now.
- ▶ Registration needs to be completed prior to your swimmers first practice.
- ▶ Communication regarding USA Memberships for the upcoming year will be sent out early next month.
- ▶ First practice is Tuesday, August 23rd for Gold, Junior & Senior, and Wednesday August 24th for Tiger Shark, Bronze & Silver.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Gabbie Irvin- 8/17