

Weekly Rundown

8-22-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	G/JR- 5:15-7:00 JRE/SR/SRE- 4:00-5:45	TSD- 6:00-7:00 B- 5:15-6:30 S- 5:15-6:45 G/JR- 5:15-7:00 JRE/SR/SRE- 4:00-6:15	B- 5:15-6:30 S- 5:15-6:45 G/JR- 5:15-7:00 JRE/SR/SRE- 4:00-5:45	No Practice	No Practice

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

Practices Tuesday-Thursday this week only. Due to a scheduling conflict we had to change Tiger Shark practice to 6:00-7:00 this Wednesday. This will not be a recurring issue, apologies for the inconvenience. No dryland this week for JR & SR groups. Those changes are reflected on Tuesday and Thursday practice times.

Coaches Corner

- ▶ Practices start this week. We are excited to get back on the pool deck and get the Short Course season started. The first week will be a lot of team building and team discussions, to get the athletes reacclimated and set the standards for the season. In the coming weeks, we'll be sending home some information on things you parents can be doing/saying at home to help reinforce the standards and expectations we are setting at practice.
- ▶ Make sure to get your athletes registration completed this week. Registration should be completed prior to your the first practice. Any athletes not registered by next week, will not be allowed on the pool deck at practice.
- ▶ Communication regarding USA Memberships for the upcoming year will be sent out early next month.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Danosh Banks- 8/23
 - ▶ Mavery Chandler- 8/23
 - ▶ Elin Wiener- 8/24
 - ▶ Adley Kratochvil- 8/27
 - ▶ Kiley Standring- 8/28