

Weekly Rundown

8-29-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TSD- 5:30-6:30 B- 5:15-6:30 S- 5:15-6:45 G/JR- 5:15-7:00 JRE/SR/SRE- 4:00-6:15	G- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 4:00-6:15	TSD- 5:30-6:30 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- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 4:00-6:15	G- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 4:00-6:15	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

No practice Saturday. Enjoy your Labor Day Weekend. Normal schedule the rest of the week.

Coaches Corner

- ▶ We had a great first week back in the water. The next couple weeks will be spent getting everyone reacclimated and back into routine.
- ▶ Synergy Dryland will be joining us on deck Wednesday and Thursday this week. We will send out a breakdown of their visit beforehand.
- ▶ No practice Saturday (9/3) or Monday (9/5). Enjoy your extended Labor Day Weekend.
- ▶ We will have two parents meetings next week. First will be a new parent meeting on Wednesday 9/7, the second will be a meeting for returning parents on Thursday 9/8. Make sure to mark your calendars. Meetings will be at the DAC starting at 5:30.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Brilee Knight- 8/31
 - ▶ Austin Abbott- 9/2