

Weekly Rundown

8-8-2022

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, 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 will open up on Thursday. An email will be sent out when you are able to get your swimmer signed up.
- ▶ Be on the lookout for more informative emails relating to our club or USA Swimming news.
- ▶ We had a great Fitter & Faster Clinic this weekend at the DAC. Swimmers who attended got a great opportunity to work on their Butterfly and Breaststroke skills. There is still time to sign up for the video analysis clinic in September, and there will be a Freestyle and Backstroke clinic coming in the spring.

Meet Recap

- ▶ Great job to Wyatt Jones and Gabbie Irvin who both competed at the Central Zone Championships this past weekend in Elkhart, IN.
- ▶ Congratulations to Wyatt on placing 15th in the 100 Backstroke!
- ▶ Congratulations to Gabbie on placing 1st and 2nd in the 100 and 200 Breaststroke respectively! Gabbie was also on the 200 and 400 Medley Relay teams which finished 3rd and 2nd respectively.

Swimmer Spotlight

- ▶ Happy Birthday!

- ▶ Mason Lickey- 8/11
- ▶ Lauren Cottrell- 8/13
- ▶ Ethan Williams- 8/13