

Weekly Rundown

9-12-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TSD- 5:30-6:30	G- 5:15-7:00 JR- 4:45-7:00	TSD- 5:30-6:30	B- 5:15-6:30	G- 5:15-7:00 JR- 4:45-7:00	JR/JRE/SR/SRE- 7:00-9:15
B- 5:15-6:30	JRE/SR/SRE- 4:00-6:15	B- 5:15-6:30	S- 5:15-6:45	JRE/SR/SRE- 4:00-6:15	G- 9:00-10:45
S- 5:15-6:45		S- 5:15-6:45	G- 5:15-7:00 JR- 4:45-7:00		S- 9:00-10:30
G/JR- 5:15-7:00		G/JR- 5:15-7:00	JRE/SR/SRE- 4:00-6:15		B- 9:00-10:15
JRE/SR/SRE- 4:00-6:15		JRE/SR/SRE- 4:00-6:15			TS- 9:00-10:00

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

We have our first full week of practice this week. No changes to the schedule.

Coaches Corner

▶ Upcoming Events

- ▶ NSC Fall Fling (10/8-10/9) @DAC
 - ▶ Registration Deadline- 9/27
 - ▶ Make sure to get your swimmer signed up before the deadline and review the meet letter for meet information.
- ▶ Swimville will be at practice this Wednesday (9/14) with gear, suits caps, etc. Families will be able to purchase these items from 5:00-6:30 at the DAC.
- ▶ We have an officials clinic coming up on Thursday 9/22. This is a great way for parents to get involved and fill your volunteer requirements for the team. No prior experience is needed. Let us know if you are interested in getting signed up.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Max Miller- 9/14
 - ▶ Ben Rogers- 9/17