

Weekly Rundown

9-13-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B, 6:30-7:30 @TSAC	S, 6:30-7:30 @TSAC	B, 6:30-7:30 @TSAC	S, 6:30-7:45 @TSAC	No Practice	B, 8:00-9:00 @TSAC
S, 6:30-7:30 @TSAC	G, 7:30-8:30 @TSAC	S, 6:30-7:45 @TSAC	G, 7:00-8:30 @YMCA		G, 7:30-9:00 @TSAC
G, 7:30-8:30 @TSAC	SR, 7:00-8:30 @YMCA	G, 7:15-8:30 @YMCA	SR, 7:00-8:30 @YMCA		SR, 7:30-9:00 @TSAC
SR, 7:15-8:30 @YMCA		SR, 7:15-8:30 @YMCA			

Notes:

SR- Senior group, G- Gold group, S- Silver group, B- Bronze Group

There a few changes throughout the week. We also have new swimmer evaluations late Saturday morning, so all practices are early morning.

Coaches Corner

- ▶ We are off to a great start to the season. We will have some updates out later this week regarding the new pool and schedule.
- ▶ Facility Policies
 - ▶ As of right now we are not requiring our swimmers to enter with masks. That said, swimmers are welcome to if they would like. This is subject to change, as we are adhering to facility guidelines.
 - ▶ Swimmers will still need to sign in upon arrival at Tri-State.
 - ▶ Parents are welcome in the facilities to watch, just know that there is limited seating at each facility. The Y asks that all parents wait in the hallway outside of the pool and do not come onto the pool deck.