

Weekly Rundown

9-19-2022

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 SRE- 5:15-6:30 am 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 SRE- 5:15-6:30 am JRE/SR/SRE- 4:00-6:15	G- 5:15-7:00 JR- 4:45- 7:00 JRE/SR/SRE- 4:00-6:15	JR/JRE/SR/SRE- 7:00-9:15 G- 9:00-10:45 S- 9:00-10:30 B- 9:00-10:15 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

No changes to the schedule this week.

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.
- ▶ 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.
- ▶ We scheduled a mini meet with NSC this Friday 9/23. This is a great opportunity for swimmers and parents to experience a meet. Make sure to get signed up by Thursday.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Parker Franks- 9/20
 - ▶ Aubrie Persinger- 9/21
 - ▶ Grasen Nance- 9/22
 - ▶ Payten Gordon- 9/25