

Weekly Rundown

9-26-2022

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

Gold, JR and SR groups will all practice together on Friday, starting at 4:00. No other changes to the schedule this week.

Coaches Corner

▶ Upcoming Events

▶ NSC Fall Fling (10/8-10/9) @DAC

▶ Registration Deadline- **Tuesday, 9/27**

▶ Review the meet letter for more information.

▶ Swim-A-Thon

▶ Oct. 22nd, 9:00 am – Mark your calendars!

▶ This will be a fun event for our team. More information will be sent out this week.

▶ We had a great turnout at the mini meet last Friday. It was great to see the kids on deck having fun and a lot of fast racing! We now turn our attention to our first meet, which is in two weeks. Make sure to get your swimmer signed up if you have yet to do so already.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Elaina Hill- 9/30
 - ▶ Elisha Hozey- 10/1