

Weekly Rundown

9-5-2022

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	G- 5:15-7:00 JR- 4:45-7:00 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 JRE/SR/SRE- 4:00-6:15	G- 5:15-7:00 JR- 4:45-7:00 JRE/SR/SRE- 4:00-5:45	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 practice Monday due to Labor Day. No dryland for JR and SR groups on Friday, practice will end at 5:45. Normal schedule the rest of the week.

Coaches Corner

- ▶ We had a great visit from Synergy dryland this past week. They had nothing but great things to say about their interactions with our athletes and parents. We are looking forward to partnering with them moving forward.
- ▶ We have two parents meetings this week. First will be a new parent meeting on Wednesday 9/7, the second will be a meeting for returning parents on Thursday 9/8. Make sure to mark your calendars. Meetings will be at the DAC starting at 5:30.
- ▶ On Saturday, traffic and drop-off at practice may be affected. There is a 15k running through Garvin Park. Don Mattingly Way, in front of the DAC, will be open to the drop-off and parking lot. However, Garvin Park and Heidelbach will be closed.
- ▶ Swimmers in the Bronze group and up will be coming home with goal sheets this week, so be on the lookout for that.

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ Aubrey Leslie- 9/5
 - ▶ Max McKim- 9/5
 - ▶ Logan Parker- 9/8
 - ▶ Ryan Mazzier- 9/9