

Weekly Rundown

9-6-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	S, 6:30-7:45 @TSAC G, 5:00-6:30 @TSAC SR, 7:00-8:30 @YMCA	B, 6:30-7:30 @TSAC S, 6:30-7:45 @TSAC G, 7:15-8:30 @YMCA SR, 7:15-8:30 @YMCA	S, 6:30-7:45 @TSAC G, 5:00-6:30 @TSAC SR, 7:00-8:30 @YMCA	No Practice	B, 10:00-11:00 @TSAC G, 10:00-11:30 @TSAC SR, 7:30-9:00 @TSAC

Notes:

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

There are a couple of changes to the Gold schedule this week. No practice on Monday due to Labor Day.

Coaches Corner

- ▶ We had a great first week back in the water. The kids were all eager to be back and be with their teammates.
- ▶ We have evaluations set for new swimmers on Saturday, September 18th from 10-12 at Tri-State. Help to spread the word, and if you know of anyone who is interested have them reach out.
- ▶ 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.