

Cardinal Connection



This is MEET WEEK! We will be kicking off our season with the IMX meet at the end of the week! Be sure to sign up to volunteer....lots of space still needing to be filled! Spectators are allowed, but asked to wear masks in the stands. Swimmers may bring snacks, but no outside food is allowed by non-athletes. We will have bleachers in our section, so no need for swimmers to bring chairs.

It was great to see some new faces on our Parent Zoom meeting last week. We went over the parent's handbook, so please review it if you have not done so!

A big thank you to our swim moms who are doing an amazing job with our CARD bulletin board. The swimmers highlighted right now: Jackson (AGD/CD), Emmalyn (AGE), Dash (PS), and Eden (Senior/National). The swimmers truly enjoy reading about their teammates!

**Week of
Sept. 26th
2021**

Other info:

PRACTICE CHANGES THIS WEEK:

Friday: S/N/PS 5-6:30ish AM
**ALL OTHER GROUPS NO PRACTICE DUE TO UOFL MEET!

SATURDAY: NO PRACTIC for all groups due to IMX Meet!

Pink CARD swim caps will be available for purchase (\$10) from coach amy. These are in support of Breast Cancer Awareness Month in October. Swimmers can wear these for Oct meets until new order comes in!

Events

October:

- UofL vs Xavier Univ on Friday, Oct. 1st! 3pm start
- IMX Meet 2&3rd
- Jack Thompson Meet 15-17th
- Sign up for Nov meet! **Meet entry due MONDAY, SEPT. 27TH!!!**

QUESTION OF THE WEEK:

What should my swimmer/s eat during meets?

There is sooooo much nutrition information available specific to swimmers on our dryland website! Go to [Nutrition \(swimstrongdryland.com\)](http://Nutrition.swimstrongdryland.com) and use passcode: EatLike@Champion. Check out all the GREAT info and recipes on this page!

Senior Spotlight

John Hayes has been swimming with CA for 6 years! He is a Senior at Elizabethtown High School and will be continuing his education and swimming career at the University of Alabama!

Favorite thing about swimming? *I love winning and being able to push my mind & body every day in training.*

Favorite thing about being a Cardinal? *Being supported by an atmosphere that loves to see everyone succeed!*

Advice to our Lil CARDS? *Trust your coaches & never give up on your goals!*