



Bluefish Weekly Update



Monday, 9/23 thru Sunday, 9/29

"Winning is about having the whole team on the same page"- Bill Walton

NOTES AND REMINDERS

Updates to 'regular' schedule.

- Raynham (RAC) is back on the normal schedule with the bubble up.
- Monday-Saturday is normal business as usual, Sunday workouts are cancelled due to Blue vs Fish meet.

YMCA Memberships

- **By this time, EVERY registered Bluefish athlete should be a member of the Attleboro YMCA.**

SharkFest Recap

- Thank you to all the athletes and families that came to the SharkFest Open Water swim. Bluefish (current and alumni) dominated the event, and had a fantastic time at a great location for an open water event!

Important Dates this month

- The annual Blue vs. Fish Inter-squad meet will be held at Wheaton College on Sunday, 9/29
- Metro Swim Shop will be at Wheaton to do sizing and to purchase any needed equipment during the inter-squad meet.
- Carla (our book-keeper) will also be there to assist any families with signing up and registering for the team.

Meet Signup Deadlines

- **Blue vs. Fish Meet (9/29)**
 - LAST CALL for attendance, I've re-opened the meet through 9/25!!! We are splitting the teams up on the 25th, and will be locking in those rosters and picking events that night. PLEASE SIGN UP BEFORE THEN!!!
- **Bluefish Distance Meet (10/13)**
 - Signup Deadline extended to Wednesday 9/25
- **Brown Specialty Meet (10/19-10/20)**
 - Signups CLOSED and events are available on the event page.
- **Wilton Senior Travel Meet (10/18-10/20)**
 - Signups close (9/25)
- **ABF Trials/Finals @ Roger Williams (11/1-11/3)**
 - Signups close (10/16)
- **ABF Specialty Meet @ Smith College (11/15-11/17)**
 - Signups close (11/13)

Coach Contact Information

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Bluefish Training Schedule 9/23-9/29

Attleboro YMCA Main St.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	3:15-6:30	3:15-6:30	3:15-6:30	3:15-6:30	3:15-6:30	x	x
Senior 1/2/3 late	4:00-7:15	4:00-7:15	4:00-7:15	4:00-7:15	4:00-7:15	x	x
HS Prep	x	x	x	x	x	9:30-11:30	x
Junior 3	6:30-9:00	6:30-9:00	6:30-9:00	6:30-9:00	x	7:30-10:15	x
Junior 2	x	x	x	x	x	9:30-11:30	x
Junior 1	x	x	x	x	x	9:30-11:30	x
Mini/Gold	x	x	x	x	x	11:30-1:00	x

Attleboro YMCA Pleasant St.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	x	x
Senior 1/2/3 late	x	x	x	x	x	x	x
HS Prep	7:00-8:45	7:00-8:45	7:00-8:45	7:00-8:45	x	x	x
Junior 3	x	x	x	x	x	x	x
Junior 2	7:00-8:45	7:00-8:45	7:00-8:45	7:00-8:45	x	x	x
Junior 1	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	x	x	x
Mini/Gold	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	x	x	x

Wheaton College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	6:00-9:00	Blue vs. Fish ALL GROUPS and ATHLETES
Senior 1/2/3 late	x	x	x	x	x	6:00-9:00	
HS Prep	x	x	x	x	7:00-8:30	6:00-9:00	
Junior 3	x	x	x	x	7:00-8:30	x	
Junior 2	x	x	x	x	7:00-8:30	x	
Junior 1	x	x	x	x	7:00-8:30	x	
Mini/Gold	x	x	x	x	7:00-8:15	x	

Bluefish Training Schedule 9/23-9/29

McDermott Pool Warwick

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	x	x
Senior 1/2/3 late	x	x	x	x	x	x	x
HS Prep	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	x	x
Junior 3	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	x	x
Junior 2	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	x	x
Junior 1	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	x	x
Mini/Gold	x	x	x	x	x	x	x

Raynham Athletic Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	x	x
Senior 1/2/3 late	x	x	x	x	x	x	x
HS Prep	x	x	x	x	x	x	x
Junior 3	x	x	x	x	x	x	x
Junior 2	5:45-7:30	5:45-7:30	5:45-7:30	5:45-7:30	x	x	x
Junior 1	5:45-7:30	5:45-7:30	5:45-7:30	5:45-7:30	x	x	x
Mini/Gold	4:30-5:45	4:30-5:45	4:30-5:45	4:30-5:45	x	x	x