



Bluefish Weekly Update



Monday, 9/16 thru Sunday, 9/22

"Nothing can substitute for just plain hard work. I had to put in the time to get back. And it was a grind. It meant training and sweating every day. But I was completely committed to working out to prove to myself that I still could do it."- Andre Agassi

NOTES AND REMINDERS

Cumberland Update

- Despite a strong bid from ABF to take over the management of the CHS pool, Cumberland School Committee awarded the contract to another program. We will be moving the Junior 3 to the Downtown Attleboro YMCA pool for their Mon-Thu practices, which will now allow for greater dryland opportunities during the week.

Updates to 'regular' schedule.

- Junior 3 will be moving from Cumberland to the Downtown YMCA pool, Mon-Thu from 6:30-9:00
- Senior 1/2/3 workouts will be split at the Downtown pool. 'Early' from 3:15-6:30 and 'Late' from 4:00-7:15. HS Prep workouts will be at the Pleasant St. pool from 7:15-8:45. Athletes have spoken to coaches about their 'preferred/regular' practice time.

YMCA Memberships

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

Raynham Workouts this week

- Due to the 6:45 curfew in Raynham due to EEE, practices will be moved to 5:00-6:45 Mon-Thu.

Saturday for Jr2-3, HS, Sr1-3

- Junior 2-3 and any HS/Senior1-3 athletes NOT attending the SharkFest Open Water swim will train at Wheaton from 7:00-9:00 on Saturday.

Important Dates this month

- Saturday, 9/21 all 11-over athletes are encouraged to attend the SharkFest open water swim. Details can be found on the website event page.
- The annual Blue vs. Fish Inter-squad meet will be held at Wheaton College on Sunday, 9/22
- 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

- **Shark Fest Open Water Swim (9/21)**
 - [Register](#) here by 9/20
- **Blue vs. Fish Meet (9/22)**
 - Signup Deadline Tuesday 9/17
- **Bluefish Distance Meet (10/13)**
 - Signup Deadline Tuesday 9/17
- **Brown Specialty Meet (10/18-10/19)**
 - Signup Deadline Tuesday 9/17

Coach Contact Information

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Bluefish Training Schedule 9/16-9/22

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	Inter-Squad Meet Blue vs Fish @ Wheaton 7:00a-12:00p
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	
HS Prep	x	x	x	x	x	x	
Junior 3	6:30-9:00	6:30-9:00	6:30-9:00	6:30-9:00	x	x	
Junior 2	x	x	x	x	x	x	
Junior 1	x	x	x	x	x	9:30-11:30	
Mini/Gold	x	x	x	x	x	11:30-1:00	

Attleboro YMCA Pleasant St.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	x	Inter-Squad Meet Blue vs Fish @ Wheaton 7:00a-12:00p
Senior 1/2/3 late	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	
Junior 3	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	
Junior 1	5:30-7:00	5:30-7:00	5:30-7:00	5:30-7:00	x	x	
Mini/Gold	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	x	x	

Wheaton College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	7:00-9:00 if NOT going to Sharkfest	Inter-Squad Meet Blue vs Fish @ Wheaton 7:00a-12:00p
Senior 1/2/3 late	x	x	x	x	x		
HS Prep	x	x	x	x	7:00-8:30		
Junior 3	x	x	x	x	7:00-8:30		
Junior 2	x	x	x	x	7:00-8:30		
Junior 1	x	x	x	x	7:00-8:30		
Mini/Gold	x	x	x	x	7:00-8:15	x	

Bluefish Training Schedule 9/16-9/22

McDermott Pool Warwick

McDermott Pool Warwick							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	x	Inter-Squad Meet Blue vs Fish @ Wheaton 7:00a-12:00p
Senior 1/2/3 late	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	
Junior 3	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	x	
Junior 2	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	x	
Junior 1	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	x	
Mini/Gold	x	x	x	x	x	x	

Raynham Athletic Club

Raynham Athletic Club							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 1/2/3 early	x	x	x	x	x	x	Inter-Squad Meet Blue vs Fish @ Wheaton 7:00a-12:00p
Senior 1/2/3 late	x	x	x	x	x	x	
HS Prep	x	x	x	x	x	x	
Junior 3	x	x	x	x	x	x	
Junior 2	5:00-6:45	5:00-6:45	5:00-6:45	5:00-6:45	x	x	
Junior 1	5:00-6:45	5:00-6:45	5:00-6:45	5:00-6:45	x	x	
Mini/Gold	4:30-5:45	4:30-5:45	4:30-5:45	4:30-5:45	x	x	