

Weekly Rundown

11-22-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger, 6:15-7:00 Shark, 5:30-6:15 B, 5:15-6:30 S, 5:30-6:45 G, 5:30-7:00 SR1, 5:30-7:00 SR2, 5:30-7:30	S, 6:00-7:15 G, 6:00-7:30 SR1, 6:00-7:30 SR2, 6:00-7:30 NO DRYLAND	Tiger, 10:45-11:30 Shark, 10:00-10:45 B, 10:00-11:00 S, 10:00-11:15 G, 10:00-11:30 SR1, 10:00-12:00 SR2, 10:00-12:00	NO PRACITCE HAPPY THANKSGIVING	G, 10:00-11:30 SR1, 10:00-12:00 SR2, 10:00-12:00	Tiger, 8:15-9:00 Shark, 7:30-8:15 B, 8:00-9:00 S, 7:45-9:00 G, 7:30-9:00 SR1, 7:00-9:00 SR2, 7:00-9:00

Notes:

SR2- Senior 2, SR1- Senior 1, G- Gold, S- Silver, B- Bronze
 All practices are at Deaconess Aquatic Center

There are several changes to the schedule this week,

Coaches Corner

- ▶ With Thanksgiving upon us we want to take a moment to say how thankful we are as an organization for all of our swimmers and families. If last weekends' meet showed us anything, it is that the collaboration and commitment from all those involved is what makes this team special. We wish everyone a Happy Thanksgiving and safe travels to those of you traveling this week!
- ▶ Christmas Party
 - ▶ Mark your calendars. An email was sent out last night referencing our Christmas Party. This will take place on Wednesday, December 8th at the Deaconess Aquatic Center, during regularly scheduled practice time. More info to come.
- ▶ MTV Candy Cane Classic (Dec. 3-5)
 - ▶ Deadline to sign up your swimmer is this Wednesday, November 24th.
 - ▶ This will be our last swim meet before the new year so make sure to get your swimmer signed up.

Swimmer Spotlight

- ▶ We've added a new page to our weekly rundown. This page will be used to highlight our swimmers, and recognize hard work.
- ▶ Group Move Ups
 - ▶ Congratulations to Brooks Creager and Adrienne Lowe who recently moved up to Silver group, and to Sophia Kunz for moving up to Shark group for Session 2!
 - ▶ Keep up the hard work!
- ▶ Happy Birthday!
 - ▶ Sophia Kunz- 11/24
 - ▶ Saylor Russell- 11/26