

Weekly Rundown

11-29-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger, 6:15-7:00 Shark, 5:30-6:15	S, 5:15-6:45	Tiger, 6:15-7:00 Shark, 5:30-6:15	S, 5:15-6:45	No Practice	No Practice
B, 5:15-6:30	G, 5:00-6:45	B, 5:15-6:30	G, 5:00-6:45		
S, 5:30-6:45	SR1, 5:00-7:00 SR2, 5:00-7:00	S, 5:30-6:45	SR1, 5:00-7:00 SR2, 5:00-7:00	MTV Meet	MTV Meet
G, 5:30-7:00		G, 5:30-7:00			
SR1, 5:30-7:00 SR2, 5:30-7:30		SR1, 5:30-7:00 SR2, 5:30-7:30			

Notes:

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

No practice on Friday or Saturday due to the MTV meet.

Coaches Corner

▶ Christmas Party

- ▶ Wednesday, Dec. 8th at the DAC. This will consist of a fun practice for all groups followed by pizza and a gift exchange. Secret Santa gift exchange forms are due today.

▶ MTV Candy Cane Classic (Dec. 3-5)

- ▶ Entries, along with updated meet info will be out later this week.

▶ Winter Break Training

- ▶ Beast Mode Training is back! Our tradition of Beast Mode Training will return this winter break. For those unfamiliar, any swimmer who attends all of their groups scheduled practices during break will receive a GREAT Beast Mode T-shirt.
- ▶ We do not have our winter break training schedule yet, as soon as we do we will send that out asap with more info on Beast Mode Training.

Swimmer Spotlight

- ▶ Group Move Up
 - ▶ Congratulations to Bennett Engler who is moving up to Silver group!
 - ▶ Keep up the hard work!
- ▶ Happy Birthday!
 - ▶ Caroline Creager- 11/30
 - ▶ Eli Creech- 12/2