

Weekly Rundown

8-30-2021

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Practice	S, 6:30-7:45 @TSAC G, 5:00-6:30 @TSAC SR, 7:00-8:30 @YMCA	B, 6:30-7:30 @TSAC S, 6:30-7:30 @TSAC G, 7:30-8:30 @TSAC SR, 7:15-8:30 @YMCA	S, 6:30-7:45 @TSAC G, 5:00-6:30 @TSAC SR, 7:00-8:30 @YMCA	No Practice	B, 10:00-11:00 @TSAC G, 10:00-11:30 @TSAC SR, 7:30-9:00 @TSAC

Notes:

SR- Senior group, G- Gold group, S- Silver group, B- Bronze Group

There are a few changes to the schedule this week. We have limited space at the YMCA, therefore we had to make some changes to the Silver and Gold schedule.

Coaches Corner

- ▶ We hope that everyone has enjoyed their break. While we are still awaiting the opening of the new pool, we are looking forward to getting our short course season started tomorrow. A few things to note as we get back into the swing of things:
- ▶ Registration
 - ▶ Make sure to have your swimmer registered before their first practice. The link can be found on our homepage.
- ▶ Training Equipment
 - ▶ Make sure your swimmer has all of their training equipment. Equipment can be purchased via our team store. The link can be found on our homepage.
- ▶ Parent Involvement
 - ▶ Thank you to those of you who have already volunteered to help out. We are still looking for help in some areas, most importantly with meets. If you are interested in helping, please let us know.
- ▶ Facility Policies
 - ▶ As of right now we are not requiring our swimmers to enter with masks. That said, swimmers are welcome to if they would like. This is subject to change, as we are adhering to facility guidelines.
 - ▶ Swimmers will still need to sign in upon arrival at Tri-State.
 - ▶ Parents are welcome in the facilities to watch, just know that there is limited seating at each facility. The Y asks that all parents wait in the hallway outside of the pool and do not come onto the pool deck.