

## Hey Blazers!

We are almost done with the Brian Howard meet with just one finals session to go. We have had some great swims! We are also looking forward to a day off tomorrow before re-focusing on establishing aerobic base and stroke technique as we head into our taper period in February.

### Practice Schedule This Week:

- Monday 1/17
  - No Practice
- Tuesday 1/18
  - SMAC - 7:00-8:30pm
- Wednesday 1/19
  - SMAC - 6:00-8:00pm
- Thursday 1/20
  - SMAC - 7:00-8:30pm
- Friday 1/21
  - SM North - 6:00-7:30pm

**Championship Meet Info:** Mark your calendars for our Championship meets coming up in February and March! All Senior Prep swimmers are invited to participate in MAL Championships, and all qualified athletes should plan on attending MVS Districts meet. I will send a best times report that shows who has qualified for Districts later once we get final results from Brian Howard.

- MAL Championships - Feb 5-6 - Topeka, KS - All Senior Prep invited
- MVS Districts - Feb 11-13 - Topeka, KS (QUALIFIED ONLY)
- MVS Open Championships - Feb 24-27 - Topeka, KS (QUALIFIED ONLY)

**Remind Text Alerts:** If you haven't signed up for text alerts yet, please do so if we need to communicate any changes or cancellations due to weather

- Senior Prep: Text the code "@kcbsrprep" to the number 81010

Please let us know if you have any questions!

**Coach Nikita Alvegaard-Struble**

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