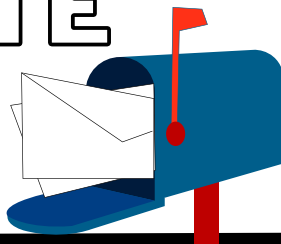


WEEKLY UPDATE

SPRING
2026



6 APRIL 2026
WK 1 OF 8



Please Check the Practice Calendar for specific practice times

NEED to Know:

- **Team Parent Meeting, Monday, April 6th at Apollo High School Commons (Use Door 7) 6:15-7:15 pm**
- **Reminder:** Pond Pups, Lake Sharks, River Sharks, Quarry Sharks, and Apex Predators are all practicing at Sartell Middle School.
- All Senior level practice groups are at Apollo High School.
- All swimmers should have a water bottle at practice - REMINDER! Absolutely NO GLASS!

Important Practice Changes:

Monday (4/6) Parent Meeting
T-F: Normal Schedule for ALL Groups

LINKS:

[Weekly Article](#)
[USA Swim Reg Link](#)
[April Practice Calendar](#)
Team Store (Coming Soon)

Up Coming Meets/Events:

- **TUNA Meet - Registration is OPEN!**
 - Registration Closes on Sunday, April 12th @ 11:59 pm
 - Maple Grove, MN
 - Saturday Distance Events, Sunday Sprint Events
 - 10u will swim Sunday PM session
- **HURR LCM Meet - Registration opens 4/13**
 - Long Course Meet May, 17th (Sunday Only)
 - U of M, Minneapolis

Deadlines to Watch:

- TUNA Meet Registration Due Sunday, April 12th at 11:59 pm

Practice Plan:

- **Pond Pups:** Body Balance Kicking, Building Confidence in the water
- **Lake Sharks:** Practice Expectations, Body Balance Kicking, Intro to LA Strokes
- **River Sharks:** Practice Expectations, LA Drills & Skills
- **Quarry Sharks:** Practice Expectations, LA Drills & Skills
- **Apex Predators:** Practice Expectations, LA Drills & Skills
- **Senior + Levels:** Drills & Skills Focus to get back into swimming

LA= Long Axis (Freestyle & Backstroke), **SA=** Short Axis (Breaststroke & Fly)

