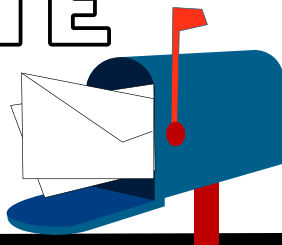


WEEKLY UPDATE

SPRING
2026



13 APRIL 2026
WK 2 OF 8



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from SwimSwam titled, "Best Advice for New Swim Parents"
- Please review practice calendars weekly
- Please be checking your emails regularly for practice updates, new team information, and last minute announcements
- All swimmers should have a water bottle at practice - REMINDER! Absolutely NO GLASS!

Important Practice Changes:

M-F: Normal Schedule for ALL
Groups!

LINKS:

[Weekly Article](#)

[USA Swim Reg Link](#)

[April Practice Calendar](#)

[Team Store](#) (Closes 4/19)

Up Coming Meets/Events:

- TUNA Meet - Registration is Closed
 - Registration is closed
- HURR LCM Meet - Registration is OPEN!
 - Registration Closes Wednesday, April 15th
 - Long Course Meet May, 17th (Friday/Sunday Only)
 - U of M, Minneapolis
- DRGN LCM Meet - Registration is OPEN!
 - Registration Closes Tuesday, April 28th
 - Long Course Meet May, 16th (Saturday Only)
 - West Fargo, ND

Deadlines to Watch:

- HURR Meet Registration Due Wednesday, April 15th at 11:59 pm
- DRGN Meet Registration Due Tuesday, April 28th at 11:59 pm
- Meet Fees are charged automatically post meet

Practice Plan:

- **Pond Pups:** Introducing Backstroke Skills, FR Skill Reminders
- **Lake Sharks:** Continued LA Stroke Skills & Introducing Fliturns
- **River Sharks:** SA Drills & Skills, IM Focused Main Sets
- **Quarry Sharks:** SA Drills & Skills, IM Focused Main Sets
- **Apex Predators:** SA Drills & Skills, IM Focused Main Sets
- **Senior (+):** Each Day will have a different focus

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

