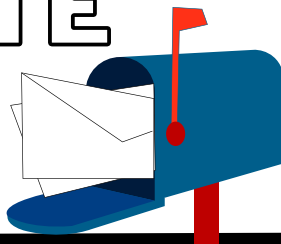


WEEKLY UPDATE

SPRING
2026



20 APRIL 2026
WK 3 OF 8



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from Fitter and Faster titled, "Being a Supportive Swim Parent"
- 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-Th: Normal Schedule
F (4/24): **Shark Groups will be**
at Sartell HS, Senior Groups
Apollo

LINKS:

[Weekly Article](#)
[USA Swim Reg Link](#)
[April Practice Calendar](#)

Up Coming Meets/Events:

- TUNA Meet - Registration is Closed
- **Block Party - Registration is OPEN!**
 - 13o = Friday Evening @ SHS
 - 12u = Saturday Am @ SHS
 - Registration closes May 1st at 11:59 pm
- HURR LCM Meet - Registration is Closed
- **DRGN LCM Meet - Registration is OPEN!**
 - Registration Closes Tuesday, April 28th
 - Long Course Meet May, 16th (Saturday Only)
 - West Fargo, ND

Deadlines to Watch:

- DRGN Meet Registration Due Tuesday, April 28th at 11:59 pm
- Block Party Meet Registration due Friday, May 1st at 11:59 pm
- Meet Fees are charged automatically post meet

Practice Plan:

- **Pond Pups:** Introducing Breaststroke and Butterfly
- **Lake Sharks:** SA Drills & Skills, IM Focused Main sets
- **River Sharks:** LA Skills Focus, Starting to build endurance & speed
- **Quarry Sharks:** LA Skills Focus, Starting to build endurance & speed
- **Apex Predators:** LA Skills Focus, Starting to build endurance & speed
- **Senior (+):** Each Day will have a different focus

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

