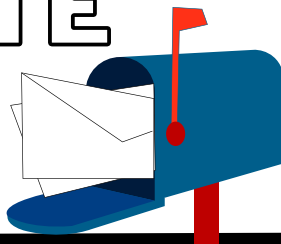


WEEKLY UPDATE

SPRING
2026



27 APRIL 2026
WK 4 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-F: Normal Schedule for ALL Practice Groups

LINKS:

[Weekly Article](#)

[USA Swim Reg Link](#)

[April Practice Calendar](#)

Up Coming Meets/Events:

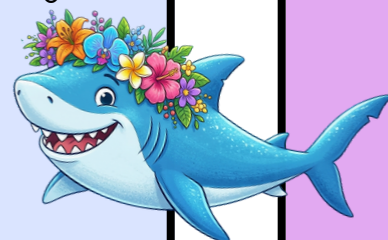
- TUNA Meet - Registration is Closed
- **Block Party - Registration is OPEN!**
 - 13o = Friday Evening @ SHS
 - 12u = Saturday Am @ SHS
 - Registration closes May 1st at 11:59 pm
- HURR LCM Meet - Registration is Closed
- **DRGN LCM Meet - Registration is OPEN!**
 - Registration Closes Tuesday, April 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:** Continue working Breaststroke & Butterfly, Introduce diving
- **Lake Sharks:** LA Skills Focus, Starting to build endurance & speed
- **River Sharks:** SA Skills Focus, Building IM Based Endurance
- **Quarry Sharks:** SA Skills Focus, Building IM Based Endurance
- **Apex Predators:** SA Skills Focus, Building IM Based Endurance
- **Senior (+):** Each Day will have a different focus



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