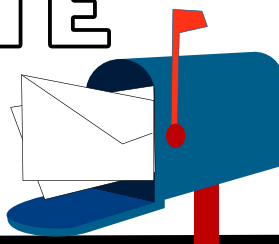


WEEKLY UPDATE

SPRING
2026



11 MAY 2026
WK 6 OF 8



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from TrueSport about how Parents can work to manage their own anxieties around their athlete's sport.
- Silicone Team Caps Now Available for Order!
- Summer New Swimmer Assessments will be offered on Tues 5/19 and Thurs 5/21 at Apollo 5:00-5:45 pm
- Move-up Testing will be conducted during weeks 7&8 of this season.
- Please review practice calendars weekly
- All swimmers should have a water bottle at practice - REMINDER! Absolutely NO GLASS!

Important Practice Changes:

Practice Location Changes!
**Please review practice
calendar!**

LINKS:

[Weekly Article](#)

[USA Swim Reg Link](#)

[PDF Practice Calendar](#)

Up Coming Meets/Events:

- All Spring Meet Registrations are Closed
- **The following Summer Meet Registrations are OPEN:**
 - ALEX Pool Sprints & Lake Swim (Closes 5/19)
 - June 6-7th - Yards Pool & Lake Swim
 - Sioux Falls Invite (Closes 5/27)
 - June 26-28th - LCM INdoor Meet
 - BAC Last Chance Invitational (Closes 5/25)
 - July 11-12th - LCM OUTdoor meet
- KEEP an EYE on THESE DEADLINES!

Deadlines to Watch:

- Meet Fees are charged automatically post meet
- Summer Season Registration will open soon!
- Keep an eye on Summer Meet Registration deadlines

Practice Plan:

- **Pond Pups:** SA Drills and Skills Review
- **Lake Sharks:** SA Endurance & Speed
- **River Sharks:** SA Endurance & Speed, Starting to Prep for LCM Season
- **Quarry Sharks:** Best/Needs Most Improvement Prep for LCM season
- **Apex Predators:** Best/Needs Most improvement Prep for LCM season
- **Senior (+):** Each Day will have a different focus

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

