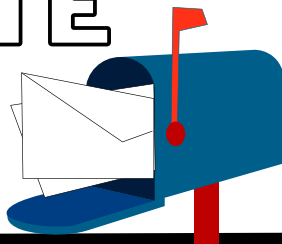


WEEKLY UPDATE

SPRING
2026



26 MAY 2026
WK 8 OF 8



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from blog about understanding Long Course Season for parents.
- Silicone Team Caps are Available for Order!
- Move-up Testing will conclude this week, please see body of email for more information
- Group movement emails are being sent this week. If your athlete is being considered for the next practice group you will receive an email from Coach Annika.
- Please review practice calendars weekly
- All swimmers should have a water bottle at practice - REMINDER! Absolutely NO GLASS!

Important Practice Changes:

Shark Groups @ SMS
Senior Groups @ Apollo
Normal Practice Week T-Th
Final Week of Spring Szn

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:**
 - Sioux Falls Invite (Closes 5/27)
 - June 26-28th - LCM Indoor Meet
 - TUNA Meet (Closes 5/31)
 - June 20th - LCM Outdoor Meet
- KEEP an EYE on THESE DEADLINES!

Deadlines to Watch:

- Meet Fees are charged automatically post meet
- Summer Season Registration is OPEN!
- Keep an eye on Summer Meet Registration deadlines

Practice Plan:

- **Pond Pups:** IM Stroke Reminders, Starts & turns
- **Lake Sharks:** SA Stroke Reminders & IM Testing T/W
- **River Sharks:** SA Focus & IM Testing T/W, Endurance for LCM season
- **Quarry Sharks:** SA Focus & IM Testing T/W, Endurance for LCM season
- **Apex Predators:** SA Focus & IM Testing T/W, Endurance for LCM season
- **Senior (+):** Each Day will have a different focus

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

