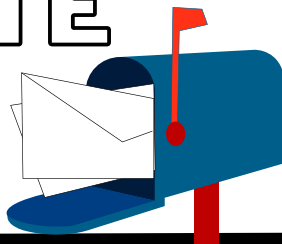


WEEKLY UPDATE

SUMMER
2026



31 MAY 2026
WK 1 OF 9



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from blog about understanding Long Course Season for parents.
- LCM Practice this Friday is Open to Quarry Sharks, Apex & All Senior (+) Level Athletes - Separate registration opens Monday
- This is the first week of Summer Szn, Please be patient with coaching staff as we learn to adjust and accommodate for a new group of athletes.
- Please review practice calendars weekly
- All swimmers should have a water bottle at practice - REMINDER! Absolutely NO GLASS!

Important Practice Changes:

Normal Practice Week M-F
F: LCM Practice @ New Hope
(Registration opens Monday)
+ Senior groups @ Apollo

LINKS:

[Weekly Article](#)

[USA Swim Reg Link](#)

[PDF Practice Calendar](#)

Up Coming Meets/Events:

- **The following Summer Meet Registrations are OPEN:**
 - TUNA Meet (Closes 5/31 TONIGHT)
 - June 20th - LCM Outdoor Meet
- KEEP an EYE on THESE DEADLINES!

Deadlines to Watch:

- Meet Fees are charged automatically post meet
- LCM Registration Opens on Monday each week for Friday Practice
- Keep an eye on Summer Meet Registration deadlines

Practice Plan:

- **Pond Pups:** Body Balancing Skills & Drills, Introducing Freestyle
- **Lake Sharks:** LA Skills & Drills, Jumping into Building Endurance in preparation for the meet this weekend.
- **River Sharks:** LA Skills & Drills, Building LCM Endurance
- **Quarry Sharks:** Building LCM Endurance w/a mix of LA Skills & Drills
- **Apex Predators:** Building LCM Endurance w/a mix of LA Skills & Drills
- **Senior (+):** Each Day will have a different focus

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

