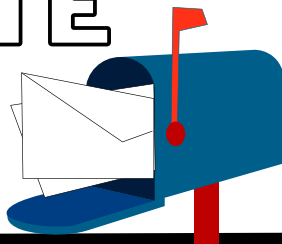


WEEKLY UPDATE

SUMMER
2026



7 JUNE 2026
WK 2 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 - Registration moved to under meets - Senior Level Athletes ONLY this week - Separate registration opens Monday
- Please review the body of the email regarding weather procedures/protocols. Each facility has different weather safety protocols.
- 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](#)
[APPAREL ORDER!!!!!!](#)

Up Coming Meets/Events:

- **The following Summer Meet Registrations are OPEN:** ALL Championship meets are still open.
- **Meet Deadlines Re-Opening:**
 - **SFST** (Sioux Falls, SD) - CLOSSES 6/10 at 11:59 pm
 - **BAC** (Bloomington, MN) - Closes 6/25 at 11:59 pm
- What this means for you? Already met the original deadline? Your entries have been sent in and are protected. Missed the first deadline? Register! But you'll only get in if the host team determines there is still space in the meet for our second batch of entries

Deadlines to Watch:

- Meet Fees are charged automatically post meet
- LCM Registration Opens on Monday each week for Friday Practice

Practice Plan:

- **Pond Pups:** Freestyle & Backstroke Drills & Skills
- **PM Lake Sharks:** Freestyle & Backstroke Drills & Skills
- **AM Lake Sharks:** SA Drills & Skills, IM Endurance Sets Work
- **River Sharks:** SA Skills & Drills, Building IM specific LCM Endurance
- **Quarry Sharks:** Building LCM Endurance w/a mix of SA Skills & Drills
- **Apex Predators:** Building LCM Endurance w/a mix of SA Skills & Drills
- **Senior (+):** Each Day will have a different focus

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

