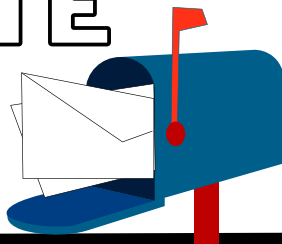


# WEEKLY SUMMER 2026 UPDATE

SUMMER  
2026



14 JUNE 2026  
WK 3 OF 9



Please Check the Practice Calendar for specific practice times

## NEED to Know:

- Wkly Article is all about hydration from Swim Strong Dryland - See attachments with body of the email
- LCM Practice this Friday is Open - Registration moved to under meets - River Sharks, Quarry Sharks, Apex Predators - Separate registration opens Monday
- 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-TH**  
**F: LCM Practice @ New Hope**  
**No Friday Apollo Practice**

## LINKS:

Weekly Article (pdf attachment)  
[USA Swim Reg Link](#)  
[PDF Practice Calendar](#)  
**APPAREL ORDER!!!!!!**  
**CLOSES TONIGHT (6/14)!**

## Up Coming Meets/Events:

- **The following Summer Meet Registrations are OPEN:** ALL Championship meets are still open.
- **Meet Deadlines Re-Opening:**
  - SFST - Closed
  - BAC - Closed

## Deadlines to Watch:

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

## Practice Plan:

- **Pond Pups:** Introducing Breaststroke & Butterfly
- **PM Lake Sharks:** Working SA Drills & Skills
- **AM Lake Sharks:** LA Skills, Building Endurance & Meet Prep
- **River Sharks:** LA Skills, Building LCM Racing Endurance & Meet Prep
- **Quarry Sharks:** LA Skills, Building LCM Racing Endurance & Meet Prep
- **Apex Predators:** LA Skills, Building LCM Racing Endurance & Meet Prep
- **Senior (+):** Each Day will have a different focus

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

