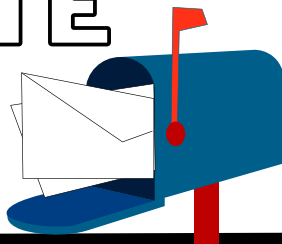


WEEKLY UPDATE

SUMMER
2026



21 JUNE 2026
WK 4 OF 9



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from Your Swim Log about the importance of creating a pre-race routine
- Our Team Lake Swim is right around the corner. Keep your eyes open for more info & registration to come!
- LCM Practice this Friday is Open - Registration moved to under meets - Open to Quarry Shark Level through to National Practice Groups - 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-F
F: LCM Practice @ New Hope
+ Senior @ Apollo on Friday

LINKS:

[Weekly Article](#)

[USA Swim Reg Link](#)

[PDF Practice Calendar](#)

Up Coming Meets/Events:

- ALL Championship meets registrations are still open.
- **New Meet Added! Bronze &/ Novice Level Meet, Friday, June 10th!**
 - Short Course Yards Meet (Same Size pool as our practice locations)
 - Intended for Bronze & Novice level swimmers
 - Friday Night, June 10th @ Becker, MN
 - Registration closes Tuesday, June 30th at 11:59 pm

Deadlines to Watch:

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

Practice Plan:

- **Pond Pups:** Building up LA Skills & Endurance, Introducing Flipturns
- **PM Lake Sharks:** Building up SA Skills & Endurance
- **AM Lake Sharks:** SA Skills, Building Endurance & Meet Prep
- **River Sharks:** SA Skills, Building LCM Racing Endurance & Meet Prep
- **Quarry Sharks:** Best Stroke/Needs Most Improvement Focus + Meet Prep
- **Apex Predators:** Best Stroke/Needs Most Improvement Focus + Meet Prep
- **Senior (+):** Each Day will have a different focus

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

