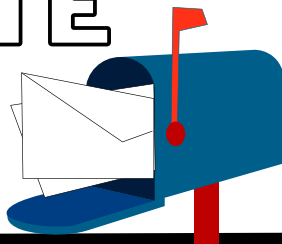


WEEKLY UPDATE

SUMMER
2026



29 JUNE 2026
WK 5 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
- TEAM LAKE SWIM THIS FRIDAY!!! Registration OPEN
- No Regular practice on Friday - No Apollo Practice, No LCM Practice
- Please review practice calendars weekly - July Practice Calendar is now posted to the team website
- All swimmers should have a water bottle at practice - REMINDER! Absolutely NO GLASS!

Important Practice Changes:

Normal Practice Week M-Th
No Regular Practice Friday
F: Team Lake Swim @ Warner
Lake 7:30 am - End

LINKS:

[Weekly Article](#)
[USA Swim Reg Link](#)
[PDF Practice Calendar](#)

Up Coming Meets/Events:

- ALL Championship meet registrations are still open.
- **New Meet Added! Bronze &/ Pre-Bronze Level Meet, Friday, June 10th!**
 - Short Course Yards Meet (Same Size pool as our practice locations)
 - Intended for Bronze & Novice level swimmers, Must have competed in a meet before
 - 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
- No LCM Practice this week

Practice Plan:

- **Pond Pups:** IM Skills + Starts
- **Lake Sharks:** LA Building Endurance & Flip turn work
- **River Sharks:** Building LA Endurance, River turns, & Underwater work
- **Quarry Sharks:** LA Endurance (Each day will focus a different distance)
- **Apex Predators:** LA Endurance (Each day will focus a different distance)
- **Senior (+):** Each Day will have a different focus

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

