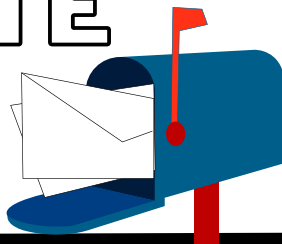


WEEKLY UPDATE

SUMMER
2026



5 JULY 2026
WK 6 OF 9



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from Your Swim Log titled, "For the Swimmer who Overthinks Taper"
- LCM Practice open to Athlete attending MRCs & State only. If we have low participation numbers by Tuesday evening, we will send out an email invite for more athletes who are interested but not attending one of those two meets.
- 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-F

*T (7/7) Last Chance Block Party Meet to attempt new MRC cuts - PM only @ Apollo - Please reach out to Coach Mack & Admin Denise with questions.

LINKS:

[Weekly Article](#)

[USA Swim Reg Link](#)

[PDF Practice Calendar](#)

Up Coming Meets/Events:

- State Meet Registrations are still open.
- All other meet entries have closed.
- If your athlete achieves a new MRC time cut and would like to add that event to their MRC line-up please notify your athlete's Head Coach immediately via email/text.

Deadlines to Watch:

- Meet Fees are charged automatically post meet
- LCM Practice Registration Closes Wednesday (7/8) - If participation numbers are low coaches will open the practice up to more athletes.

Practice Plan:

- **Pond Pups:** LA Endurance, Turns, Starts
- **Lake Sharks:** SA Building Endurance & Touch turn work
- **River Sharks:** Building SA Endurance, with a focus on IM Set Work
- **Quarry Sharks:** Building SA Endurance, with a focus on IM Set Work
- **Apex Predators:** Building SA Endurance, with a focus on IM Set Work
- **Senior (+):** Each Day will have a different focus

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

