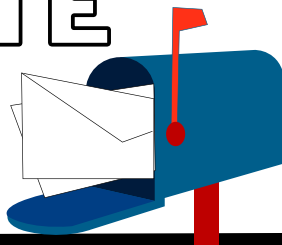


WEEKLY UPDATE

SUMMER
2026



12 JULY 2026
WK 7 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"
- No LCM Practice this week as Friday is the first day of our MN Regional Championship Meet!
- 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!
- The end of Summer Season is rapidly approaching. Fall information will be communicated once dates/times/locations get finalized.

Up Coming Meets/Events:

If your athlete achieved a new MRC time cut this weekend and would like to add that event to their MRC line-up please notify your athlete's Head Coach **IMMEDIATELY** via email/text.

Important Practice Changes:

Shark Groups: Normal Practice M-TH
SR Groups: No Friday Practice
No Friday LCM Practice

LINKS:

[Weekly Article](#)
[USA Swim Reg Link](#)
[PDF Practice Calendar](#)
[Championship SHIRTS!](#)
[Order Closes Sun @ 11:59 pm](#)

Deadlines to Watch:

- Meet Fees are charged automatically post meet
- Championship T-Shirt Order Closes Sunday (7/12) at 11:59 pm

Practice Plan:

- **Pond Pups:** Building IM Endurance
- **Lake Sharks:** Each Day will have a different stroke focus + Meet Prep Skills
- **River Sharks:** *MRC Taper and Meet Prep*
- **Quarry Sharks:** *MRC Taper and Meet Prep*
- **Apex Predators:** *MRC Taper and Meet Prep*
- **Senior (+):** Each Day will have a different focus

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

