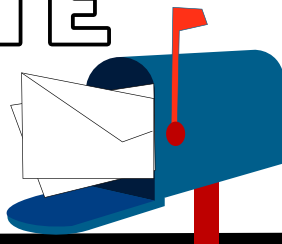


WEEKLY UPDATE

SUMMER
2026



19 JULY 2026
WK 8 OF 9



Please Check the Practice Calendar for specific practice times

NEED to Know:

- Wkly Article is from TrueSport and is about how to help your athlete with confidence
- LCM Practice this week as Friday is open to 11-14 State Participants and Senior + Athletes
- 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.

Important Practice Changes:

Normal Practice M-F
No Apollo PM on TH
LCM Practice is open for 11-14 State Participants & Senior+ Athletes

LINKS:

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

Up Coming Meets/Events:

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

Deadlines to Watch:

- Meet Fees are charged automatically post meet

Practice Plan:

- **Pond Pups:** Each Day will have a different stroke focus
- **Lake Sharks:** Each Day will have a different stroke focus
- **River Sharks:** 10 U State Prep
- **Quarry Sharks:** Group will Split between 10u & 11-14 State Prep
- **Apex Predators:** Rebuild Post Taper for 11-14 State Prep
- *Athletes in RS, QS, AP not participating at state will still do the same practices as the others in their practice group
- **Senior (+):** Each Day will have a different focus

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

