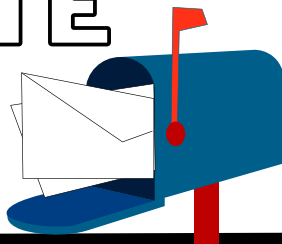


WEEKLY UPDATE

SUMMER
2026



26 JULY 2026
WK 9 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
- No Friday Practice for any groups. No PM Practices at Apollo this week
- Zones Practices M (8/3), T (8/4) @ SHS 7:15-8:30 am
- 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-Th
No Apollo PM on T/Th
No Friday Practice

LINKS:

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

Up Coming Meets/Events:

Fall Season will run:
September 8th through November 20th
Registration will open Mid-August

New Swimmer Assessment Nights:

N1: Tues 8/25 6:00-7:00 @ SMS

N2: Tues 9/1 6:00-7:00 @ SMS

Deadlines to Watch:

- Meet Fees are charged automatically post meet

Practice Plan:

- **Pond Pups:** M/T Regular practice, W/TH Game Themed Practices
- **Lake Sharks:** M/T Regular practice, W/TH Game Themed Practices
- **River Sharks:** M/T Regular practice, W/TH Game Themed Practices
- **Quarry Sharks:** See Apex Predators
- **Apex Predators:** Group will split between 11-14 State and end of season game themed practices
- **Senior (+):** Each Day will have a different focus

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

