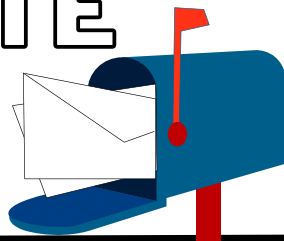


WEEKLY UPDATE

FALL 2026

8 SEPT 2026
WK 1 OF 11



Administrative questions should be directed to Denise Lenarz at denise.lenarz@swimcma.com

NEED to Know:

- Wkly Article is from Swim Swam about 9 Basics to Great Swim Parenting
- **IMPORTANT! Parent Virtual Meeting this Thursday, Sept 10th @ 7:00 pm : See original email for link.**
- Please watch meet deadlines as they sneak up fast! Athletes in Pond Pups, Lake, River, Quarry Sharks, and Apex Predators are encouraged to participate in our Intrasquad meet on Monday, Sept 21st. All Fall CMA athletes with the exception of Lil' Chompers are encouraged to participate in our Home Invite on Friday, Oct 2nd.
- Volunteers are needed for our home meets - More info to come!

Important Practice Changes:

PDF Calendar Available on Website

Monday: No Practice, Labor Day

Tuesday: First Day of Practice:
Sr/AP @ Apollo, Everyone else SMS

Wednesday: SR/AP @ SHS
Everyone Else @ SMS

Thursday: SR/AP @ SHS
Everyone Else @ SMS

Friday: No Practice for PP/LS
RS/QS/AP @ SMS 5:45-7:15 pm, Sr @ SHS

Up Coming Meets/Events:

- **Home Intrasquad Meet - Registration is Open! Closes Sept 18th @ 8:00 pm**
 - Monday, September 21 @ Sartell Middle School
 - Volunteers Needed!
- **Aquajets Invitational - Registration is Open! Closes Sept 13th @ 11:59 pm**
 - Saturday, September 26th @ Eden Prairie, MN
 - Open Events AM, 12u Events PM
- **Home Invite Meet - Registration is Open! Closes Sept 25th @ 8:00 pm**
 - Friday, October 2nd @ Sartell High School

Helpful LINKS:

[Weekly Article](#)

[USA Swim Reg Link](#)

[PDF Practice Calendar](#)

Practice Plan:

- **Pond Pups:** Practice Expectations, Introduction to Freestyle
- **Lake Sharks:** Practice Expectations, Intro to LA Skills
- **River Sharks:** Practice Expectations, Get back into swimming drills
- **Quarry Sharks:** Practice Expectations, Dryland M/W
- **Apex Predators:** Practice Expectations, Dryland T/TH
- **Senior (+):** Each Day will have a different focus

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

