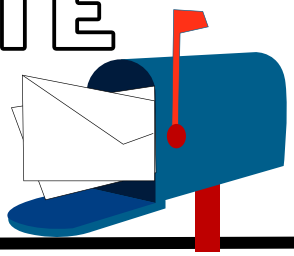
WEEKLY UPDATE

FALL2026

14 SEPT 2026
WK 2 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
- Athletes' USA Swim REGISTRATION MUST BE COMPLETED ASAP! Please reach out to Denise w/questions.
- Please keep an eye on the schedule this week. We have an adjusted week due to Sartell MS/HS Team Swim Meets.
- **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** - Volunteer positions are posted!

Up Coming Meets/Events (Reg. Open):

- **Home Intrasquad Meet**
  - **Closes Sept 18th @ 8:00 pm**
  - Monday, September 21 @ Sartell Middle School
  - Volunteers Needed!
- **Aquajets Invitational - Registration is Extended!**
  - **Closes Sept 14th @ the End of Practice**
  - Saturday, September 26th @ Eden Prairie, MN
  - Open Events AM, 12u Events PM
- **Home Invite Meet**
  - **Closes Sept 25th @ 8:00 pm**
  - Friday, October 2nd @ Sartell High School

Up Coming Meets/Events (Registration Not Open Yet):

- Team Bowling Night @ Oct 13th
- Sea Devil Meet (October 24-25th , St Michael, MN)
- TUNA Meet (Nov 7-8th , Maple Grove, MN)
- Fargo Meet (Nov 20-22nd , West Fargo, ND)

Important Practice Changes:

PDF Calendar Available on Website

Monday: SR/AP @ SHS
PP/LS = No Practice
RS/QS @ SMS, No Dryland for QS
Lil' Chompers (1 M/W) Starts **@ SHS @6:30 pm**

Tuesday:
SR/AP = No Practice Due to HS Meet
PP/LS/RS/QS @ SMS
Lil'Chompers (2 T/Th) Starts @ SMS

Wednesday:
SR/AP @ SHS
PP/LS/RS/QS @ SMS
Lil'Chompers (1) @ SMS

Thursday:
SR/AP @ SHS
PP/LS/RS/QS @ SMS
Lil'Chompers (2) @ SMS

Friday: SR @ SHS
RS/QS/AP @ SMS
Make up Practice for PP/LS
*NO Lil'Chompers

Helpful LINKS:

Weekly Article
USA Swim Reg Link
PDF Practice Calendar
Team Photos

