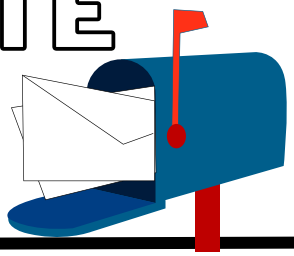
WEEKLY UPDATE

FALL2026

21 SEPT 2026
WK 3 OF 11



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

NEED to Know:

- Wkly Article is from about Preformance Anxiety in Young Athletes: How Parents can help kids thrive under pressure.
- 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.**
- 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**
  - Meet email was sent out Sunday Night (9/20)
- **Aquajets Invitational**
  - Detailed Meet Email will be sent once we have information from the host team.
- **Home Invite Meet - Registration OPEN**
  - **Closes Sept 25th @ 8:00 pm**
  - Friday, October 2nd @ Sartell High School
- **WAVE Invite - Registration OPEN**
  - **Closes Tuesday, Sept 22nd @ 11:59 pm**
  - Sunday, Oct 4th @ Buffalo, MN
  - 10u in the AM, 11 and Over in the PM

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 8th , Maple Grove, MN)
- Fargo Meet (Nov 20-22nd , West Fargo, ND)

Important Practice Changes:

PDF Calendar Available on Website

Monday: Sr @ SHS Normal time
Manic Monday Intrasquad Meet @ SMS for:
PP, LS, RS, QS, and AP - Warm-ups @ 5:45 pm
No Lil' Chompers (1 M/W) - Rescheduled for Fri

Tuesday:
PP/LS/RS/QS @ SMS
Sr/AP @ SHS
Lil'Chompers (2 T/Th) @ SMS

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

Thursday:
PP/LS/RS/QS @ SMS
SR/AP **@ APOLLO - No Locker rooms**
Lil'Chompers (2) @ SMS

Friday: SR @ SHS
RS/QS/AP @ SMS
Lil' Chompers (1) @SMS - Monday Make-up

Helpful LINKS:

Weekly Article
Team Equip. Link
USA Swim Reg Link
Team Apparel
PDF Practice Calendar
Team Photos

