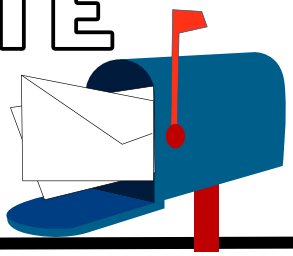
WEEKLY UPDATE

FALL2026

28 SEPT 2026
WK 4 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.
- **Volunteers are needed for our home meet** - Volunteer positions are posted on the team website! Please sign up ahead of time so we can plan accordingly

Up Coming Meets/Events (Reg. Open):

- **Home Invite Meet**
  - Detailed Meet Email will be sent once we have finalized meet details.
- **WAVE Invite - Registration OPEN**
  - Detailed Meet Email will be sent once we have information from the host team.
- **SDVL Invite - Registration OPEN**
  - Registration closes, Sunday, Oct 11 at 11:59 pm
  - Sprint Events on Saturday, Distance events on Sunday
  - St Michael, MN

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

- Team Bowling Night @ Oct 13th
- 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/AP @ SHS
PP/LS/RS/QS @ SMS
Lil'Chompers (1 M/W) @ SMS
**Senior Athlete Meeting @8:30 pm*

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

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

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

Friday: **Home Meet at SHS**
More detailed information to come
NO Practice

Helpful LINKS:

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

