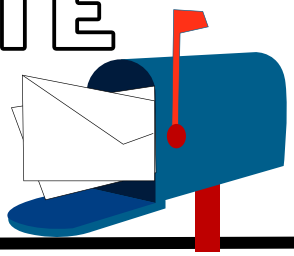
WEEKLY UPDATE

FALL2026

5 OCT 2026
WK 5 OF 11



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

NEED to Know:

- Wkly Article is from The Growth Equation blog about an 'Ode to Showing up', something we as adults can help teach our athletes.
- Please Review practice location changes early this week
- We are hosting a team bowling night on Tuesday, Oct 13th due to lack of available practice locations. This is open and free to all FALL Registered CMA athletes. You must register for the event in order to participate. No late registrations will be accepted.

Up Coming Meets/Events (Reg. Open):

- **TEAM BOWLING NIGHT!!!!!**
  - **Registration closes Thurs, Oct 8th at 11:59 pm**
  - Open to all FALL CMA participants
  - Start time: 6:00 pm @ Great River Bowl
  - Included: 1.5 hrs of bowling, pizza and pop (Free)
- **SDVL Invite - Registration OPEN**
  - Registration closes, Sunday, Oct 11 at 11:59 pm
  - Sprint Events on Sat, Distance events on Sun
  - St Michael, MN
- **TUNA Meet - Registration OPEN**
  - Registration closes, Thurs, Oct 22nd @11:59 pm
  - Sun AM 11&O, Sun PM 10u
  - Sprint Events + 200 Strokes for 11&O sessions
  - Maple Grove, MN

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

- Fargo Meet (Nov 20-22nd , West Fargo, ND)

Important Practice Changes:

PDF Calendar Available on Website
Final Week of Fall Session 1 Lil' Chompers

Monday:
Sr @ SHS
PP/LS/RS/QS/**Apex @ SMS**
Lil'Chompers (1 M/W) @ SMS

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

Friday:
Sr @ SHS
RS/QS/AP @ SMS 5:45-7:15 pm

Helpful LINKS:

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

