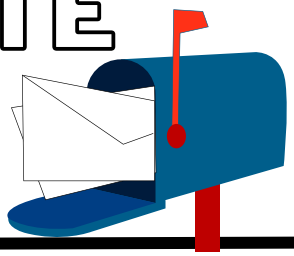
WEEKLY UPDATE

FALL2026

12 OCT 2026
WK 6 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 Changes! There are several changes this week impacting all groups!

Up Coming Meets/Events (Reg. Open):

- Team Bowling Night – Registration Closed
- SDVL Invite – Registration Closed

- **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
- **Fargo IMX & P/F Meet - Registration OPEN**
  - Registration closes Tues, Oct 20th at 11:59 pm
  - Friday IMX Events (50's of all the strokes) – open to all ages
  - Saturday & Sunday 11 and Over Prelim (AM) / Finals (PM)
  - 10u Saturday & Sunday Timed Finals – mid day

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

- None at this time

Important Practice Changes:

PDF Calendar Available on Website

Monday:
Sr/AP @ SHS
RS/QS @ SMS - Both groups start at 6:45pm
No Practice: PP/LS

Tuesday:
No Practice for ANY Group
Team Bowling @ 6:00 pm
Wear SOCKS & Know shoe sizes!

Wednesday:
PP/LS/RS/QS @ SMS
SR/AP @SHS

Thursday:
PP/LS/RS/QS NO Practice
Sr/AP @ Apollo Use Door 11

Friday:
No Practice, MEA Break

Helpful LINKS:

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

