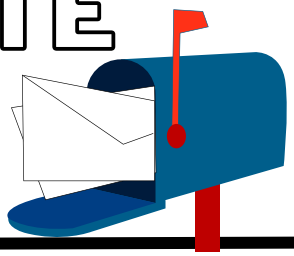
WEEKLY UPDATE

FALL2026

19 OCT 2026
WK 7 OF 11



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

NEED to Know:

- Wkly Article is from TruSport about 9 Ways to Model Good Sportsmanship from the sidelines.
- This is a normal week of practice.
- Mark your calendars! December 4-6th CMA is hosting a Mike Stromberg Technique Clinic for our 11 and over athletes! More information and registration details to come!

Up Coming Meets/Events (Reg. Open):

- **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 - Second Wave Registration will open tomorrow & will close Sunday 10/25**
  - First wave of registrations are closed, A second wave of registration will re-open. We can not guarantee second wave athletes will get into the meet, but we can try!
  - Friday IMX Events (50's of all the strokes) - open to all ages
  - Sat & Sun 11 and Over Prelim (AM) / Finals (PM), 10u Sat& Sun Timed Finals - mid day

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

- None at this time

Important Practice Changes:

PDF Calendar Available on Website

Lil' Chompers Fall Session 2 Starts Today!

Monday:
PP/LS/RS/QS @ SMS
Sr/AP @ SHS
Lil Chompers A (M/W)

Tuesday:
PP/LS/RS/QS @ SMS
Sr/AP @ SHS
Lil Chompers B (T/TH)

Wednesday:
PP/LS/RS/QS @ SMS
Sr/AP @ SHS
Lil Chompers A (M/W)

Thursday:
PP/LS/RS/QS @ SMS
Sr/AP @ SHS
Lil Chompers B (T/TH)

Friday:
No Practice: PP/LS
RS/QS/AP @ SMS
SR @ SHS

Helpful LINKS:

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

