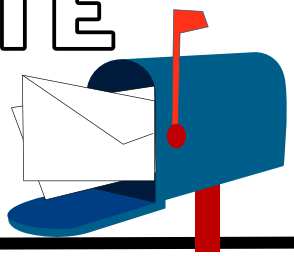
WEEKLY UPDATE

FALL2026

26 OCT 2026
WK 8 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.
- December 4-6th CMA is hosting a Mike Stromberg Technique Clinic for our 11 and over athletes! An informational email was sent out over the weekend. Reach out if you have questions.
- Winter Season Information is coming soon! Please watch your emails for updates

Up Coming Meets/Events (Reg. Open):

- **TUNA Meet - Registration is closed**
  - Meet day details will be communicated with participating families as we receive info from home team
- **Fargo IMX & P/F Meet - Second Wave Registration IS open will close Wed 10/28**
  - 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

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/**AP @ SMS >**
Halloween Themed Practice for Shark Groups
Sr @ Apollo
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

