

Hi All,

What a great weekend we had for those who swam at CPAC! There were LOADS of best times, new Silver and Junior Met cuts, and lots of great team spirit.

We are still waiting for the final result file, but as soon as we get that I will send an improvement report.

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Practice for this week is below:

Monday: 4:15 - 5:45 PM ; Dryland today will be shorter, and we will only be stretching and a few exercises, but please have your athletes stay if they can!

Wednesday: Dryland 6:00 PM ; Swim 6:30 - 8:00 PM

Thursday: 6:30 - 8:00 PM

Friday-Saturday: Thanksgiving Meet!!!! - More Info to come later this week, but the final entry report is attached.

Sunday: OFF

Please let me know if you have any questions!

Thank you,
Natalie