

AQUASTAR,

This week will be a short week due to Memorial Day weekend. I hope everyone is ready for the start of Summer! Below is this week's weekly update.

## **Practice**

- **5/27 – 5/30** - This week we will still be following the normal May schedule.
  - **Oakbrook West**
    - Will have **normally scheduled** afternoon practice Tuesday through Friday.
    - Will also have **morning** practices Tuesday – Thursday from 6-8 am.
    - We are going to start the Summer Schedule for Saturdays starting May 31<sup>st</sup> below is the schedule.
      - **Red: 9-10 am**
      - **White: 9-10:30 am**
      - **No A/B/G/S**
  - **Clear Brook**
    - Normally Scheduled afternoon practice Tuesday – Thursday
- **Starting Monday June 2<sup>nd</sup>, we will start the Summer Practice Schedule! The summer schedule is attached to the weekly update.**
- **Blue/Gold/Senior Expectations**
  - For Blue/Gold/Senior groups, the expectation for Summer is to train 6-8 times a week.
  - That would be two mornings/ 4 evenings minimum.
  - Summer training sets the foundation for the fall short course season. The work you put in now will allow you to have the aerobic foundation necessary to have a successful fall/HS swim season!
  - During the summer your body also has more time to rest and recover without the added stress of your academic workload or other extracurriculars.
  - On top of setting a foundation for a great fall season, the harder we train now, the better we can end the long course season!
  - Please reach out to me about any questions!

## **Meets**

- We have the **June 6<sup>th</sup>-8<sup>th</sup> BATS LC invitational** coming up in two weeks!
- The **deadline to sign up has been extended until tomorrow 5/27** if any swimmers want to sign up.

- Please let Coach Collin know by email if you plan to sign up.
- Our next set of meets will be the **July championship Series** listed below.
  - All information for these meets will be up on the website this week.
  - LC Gulf Age Group Champs – **Fleet Aquatic Center 7/11 – 7/13**
  - LC Gulf Senior Champs – **University of Houston 7/11 – 7/13**
  - TAGS LC Champs – **7/16 – 7/20 Arlington ISD Natatorium**
  - Gulf B & Under Champs – **7/19 – 7/20 Location TBD**
  - LC Gulf Summer Champs – **7/25 – 7/27 Fort Bend Training Facility or Angleton**
  - AAU Junior Olympics – **7/22 – 7/27 Cy-Fair Natatorium**