

## **Week 8 (Sept 24<sup>th</sup> to Sept 29<sup>th</sup>)**

Congratulations to all the Cougars on an exciting week!!!!

Tuesday night vs CR Jefferson

JV - 143-28 & Varsity 127-59

Cougar Invite we finished 3rd Place improving from the 4th place finish from a year ago! Good job Cougars!!!

We had fast swims again this week!!! Let's keep the good work Cougars!!!

Here are the following Personal Records for Week 7:

Olivia Bowden - 500 Free vs CRJ

Jordyn Cory - 50 back & 200 IM vs CRJ

Kacey Davis - 100 Breast - Cougar Invite

Maddie Gannon - 100 back & 500 Free vs CRJ

Grace Hanrahan - 500 Free vs CRJ

Sydney Harris - 100 Fly - Cougar Invite

Lydia Heskje - 100 Free vs CRJ

Lauren Hughes - 500 Free vs CRJ

Alison Jansen - 100 & 200 Free vs CRJ

Lainey Luensman - 50 & 100 back & 100 fly vs CRJ

Marissa Lyon - 100 fly & 200 IM vs CRJ

Audrey Miller - 200 Free vs CRJ

Taylor Scallon - 100 free vs CRJ

Emily Shaw - 500 free vs CRJ

Victoria Thorne - 100 fly vs CRJ

Temperatures are starting to drop morning and late at night let's make sure we are taking care of our bodies by wearing warm clothes and not walking out of the pool we with a towel wrapped around their bodies!

Special Thanks to all of our volunteers, swimmers & parents who helped this week with the Dual Meet and Cougar Invite once again thank you for your support and hard work !!!

Taper updates:

We will be talking to the kids individually about when will be their last meet for this season - we will have some kids finishing on Senior Night - October 2nd and another group at JV Invite - October 6th - Taper for some will start this week and for the JV Invite group towards the end of the week.

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Schedule Week 8

Monday

Varsity - 5:30-7AM Dryland + Swim & 3:30-5:45PM Swim

Diving - 5:30-7AM

JV - 4:30-7:15PM Dryland + Swim

Tuesday

Varsity - 5:30-7AM Swim

Swim meet @ Linn-Mar

Warm-up times & locations - TBD

Meet Starts at 6PM

Wednesday

Diving - 5:30-7AM

Varsity - 3:30-6PM Weights + Swim

JV - 5-7PM Dryland + Swim

Thursday

Diving - 5:30-7AM

Varsity - 5:30-7AM Swim / 3:30-5:45PM Swim

JV - 4:30-7:15PM Dryland + Swim

Friday

JV - 5-6:40 AM Swim

Varsity - 5:30-7AM Dryland / 2-4 Swim

Xavier Varsity - 5-7AM Swim / 3:15-4:45PM Dryland + Swim

Diving - 3:30-5PM

Saturday

Diving van leaves at 6AM

Diving Warmups 7:35AM

Diving Starts 8:45AM

Swimmers participating at Cedar Falls Invite :

6:30-8AM Swim

Load Bus 9:50AM

Bus Leaves 10AM

Warmup 11:30AM

Meet Starts 1PM

Swimmers NOT participating at Cedar Falls Invite:

8-9:45AM - Swim