AUGUST 14, 2026 | WEEK 1 UPDATE

Original subject: MSD 2026 | Week 1 Update: Sweet Beginnings, Fees, Gear + Drylands

Happy Friday MSD Families!

We hope all of the girls had a great first week of practice. We are so excited that the season has started. A few important updates and reminders as we head into the weekend:

SWEET BEGINNINGS | AUGUST 16 AT 4:00 PM

The girls were asked to wear dresses or skirts for lanyard and team website photos. Thank you to the Berishaj Family for hosting the team and families. The private location has been removed from this public archive.

TEAM GEAR | SUITS + CAPS + TEAM TEE

Team suits, caps and team tees were expected before the September 1 meet and scheduled for distribution at practice. Additional items from the MSD team store were expected the following week.

BSN SPIRIT WEAR STORE | MARIAN MANAGED

The team manages swim-specific items such as suits, caps and specialty gear. Marian manages additional apparel and spirit wear through its contracted store.

- Nothing in the store is required
- The store is managed and fulfilled by Marian, not MSD
- Drylands tees are optional
- Orders typically ship directly to homes within 2–3 business days

Marian Swim + Dive BSN Store: OPEN LINK

TEAM FEES | CORRECTED AMOUNT

The correct MSD Team Fee is $425. An earlier August 6 email mistakenly listed $350.

- MSD Team Fee: $425
- Holland Bonding Trip: $400
- Marian Athletic Department Fee: $200, paid separately through Final Forms

2026 Team Fees One-Sheet: OPEN LINK

CARPOOL DRIVER CONTRIBUTIONS

The carpool contribution is $20 per swimmer, per week to help cover gas and transportation. Families were asked to arrange payment directly within their carpool.

DRYLANDS WITH LIFT TRAINING

The 12-week LIFT program was designed to build strength, improve movement quality, develop conditioning and increase overall physical capacity. Training was scheduled for Tuesday, Thursday and Friday at 6:00 AM at Origin Athletics in Bloomfield Hills.

- Group movement and performance assessment
- Athlete intake questionnaire covering training history, injuries, limitations and goals
- Optional body composition scan

LIFT Athlete Intake Questionnaire: OPEN LINK

HOLLAND BONDING TRIP | AUGUST 21–23

- Trip fee: $400 per swimmer
- Dates: Friday, August 21 through Sunday, August 23

Holland Waiver: OPEN LINK

THANK YOU TO OUR SPONSORS

The original Week 1 email introduced MSD's inaugural sponsors. Several recognition levels were corrected later. Use the corrected August 28 list above or the current Sponsors page for the accurate sponsor roster.

MSD Sponsorship Form: OPEN LINK

Go Mustangs!

MSD Captain Parents