

AUGUST 24, 2026 | WEEK 3 UPDATE

Original subject: MSD 2026 | Week 3 Update: Holland recap, Drylands + First Meet

Hi MSD Families!

What a fun weekend. Thank you to everyone who helped make the Holland Bonding Trip such a success. Between practice at the Holland Aquatic Center, time at the beach, shopping, dinner and plenty of time together, the weekend gave the girls a chance to strengthen the friendships, trust and team chemistry that carry through the season.

DRYLANDS | FINAL COST

Thanks to the generosity of the 2026 MSD sponsors, the cost of the full 12-week LIFT program was reduced from an estimated \$500 to \$200 per swimmer, approximately \$5.50 per professionally coached session.

- Final drylands fee: \$200 per swimmer
- Families that contributed a sponsorship of \$1,000 or more do not owe a drylands fee

LIFT Drylands Payment: [OPEN LINK](#)

SWIM PRACTICE SCHEDULE CHANGES

These changes applied to swim practice only. The dive schedule was unchanged.

- Thursday, August 27 | 3:30–6:00 PM | Royal Oak High School
- Saturday, August 29 | 9:00–11:00 AM | Orchard Lake Country Club
- Friday, September 4 | 7:30–9:30 AM | Orchard Lake Country Club
- September 5–7 | No swim practice

FIRST MEET | ONE WEEK AWAY

A pre-meet parent gathering was planned, with private details shared directly with families.

- Tuesday, September 1
- Marian at Seaholm
- Meet starts at 6:00 PM

VOLUNTEER SIGN-UPS

Swim Meet Volunteers: [OPEN LINK](#)

Senior Night, Happy Hours and Additional Volunteers: [OPEN LINK](#)

UPDATED 2026 KEY DATES

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Go Mustangs!

MSD Captain Parents