



LOCAL RACE SQUAD

NEWSLETTER

Date

Session 2 Week 6

Augusta Practice Changes

- The AAC is hosting a high school meet this evening, LRS WILL have practice.
- Thursday practice will be for the High School group only from 4-5:30pm

Aiken Practice Changes

- No practice Thursday due to Halloween.
- No practice Saturday, please plan to attend the last meet of the session.

Deadlines

- Please sign up for the Country Hoedown Swim Meet coming up this Saturday 11/2, by Thursday at noon.
- Plan to stick around afterwards for awards and move-up celebrations

Reminders

Sign up for upcoming sessions; they continue to fill up quickly