
ASL TRAVEL

NEWSLETTER

Meet Updates

Peach State Champs Feb 15-16

Age Group State Champs Feb 21-23

Commitments for Raffle Meet due by Feb 19



Practice Changes

We have normal practices all week!

Other Information

On **February 14** we will be altering our schedule:

- Any athletes competing in Peach should come in to the AAC between 3pm and 530pm in order to provide extra time to travel to Warner Robins on Friday. Coaches will use this time to provide quick reminders and feedback to each athlete. Bronze will swim ~45min, Silver/Gold/Junior ~60min
- Senior, National and ALL state Qualifiers will swim from 530p - 730pm at the Aquatic Center
- Gold, Silver, Bronze, Junior groups will have Friday off

On **February 15:**

- Senior/National will swim 7am-9am
- ALL state qualifiers will swim 7:15am - 9:00am. This Saturday will be super important to keep feel, practice relays starts, get used to the early morning warmups, and to build camaraderie with teammates!
- Gold, Silver, Bronze, Junior groups will have Saturday off

For the **week of February 17:**

- ALL 11-14 State qualifiers will swim together in Augusta from 5:30p-7:00p. This is to take time to talk about the meet, processes, cheers and focus on race prep and relay exchanges.
- Every group will still run normal times at both sites, expect for the above listed State qualifiers

