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# ASL TRAVEL

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# NEWSLETTER

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## Meet Updates

**Peach State Champs** Feb 15 - 16

**Age Group State Champs** Feb 21 - 23

**Raffle Meet** Feb 28 - Mar 2

- Anyone who is not attending Age Group State please attend this meet!
- Commitments by February 19



## Practice Changes

**This week (Tuesday 02.11.25 - Saturday 02.15.25)**

- Normal Practice schedule at both site Tuesday through Thursday
- Friday 02.14.25 - NO Aiken Travel groups
  - All Peach qualifiers stop at the AAC, before traveling, between 3 and 530p
  - Senior, National, and Juniors who are swimming at AG State will swim from 530p to 730p
  - Bronze, Silver, Gold, and any Juniors not swimming at AG State will have the day off
- Saturday 02.15.25
  - Senior, National will swim 7a to 9am
  - All AG State qualified athletes will swim 715a to 9a
  - Bronze, Silver, Gold, and Juniors not swimming at AG State will have the day off

**Next Week (Monday 02.17.25 - Saturday 02.22.25)**

- Monday 02.17.25 through Thursday 02.20.25
  - All AG State swimmers will swim 530p - 715p
  - Any athletes not in AG State will swim in their normal time slots with their groups

## Other Information

Peach swimmers: Please remember to stop by the Aquatic Center on Friday for a shakeout swim before you travel. We'll have coaches on deck to provide some specific feedback! It is important to keep our feel in the water and to swim BEFORE we travel so that our bodies are loose during the drive to Warner Robins. Reach out to your group coach with any questions about this Friday

