
ASL TRAVEL

NEWSLETTER

Meet Updates

Northeast Divisional Meet (Mar 28 - 30)
- commitments needed by Wednesday, Mar 19



Practice Changes

All practices are normal at both sites for this week. This includes drylands.
Please click [HERE](#) for our Travel Practice Schedule.

Other Information

Divisional Specific Practices

Tuesday 3/25 and Wednesday 3/26

- Please have your athlete bring in posters and markers! Coaches will spend time in their workout having the athletes create Divisional Posters to bring with us to Athens! We want to bring as much team spirit as we can to UGA and we want to cover their walls with ASL Pride. If you are able, please bring an extra poster board/poster paper and markers/stickers/etc... in case some athletes forget to bring theirs.

Thursday 3/27

- All Gold, Silver, Bronze athletes will train in Aiken from 4:30 - 6:30
- This will be our Divisional Pep Rally, where we practice team cheers and warmups, relay exchanges and more.
- JR group athletes can train at either Aiken or Augusta
- SR/National will still train in Augusta. SR/National athletes will be needed to stay after practice and time for the LRS meet.

