
ASL TRAVEL

NEWSLETTER

Meet Updates

- Northeast Divisional Meet THIS weekend!
- Themes announced below



Practice Changes

Monday (3/24) - Wednesday (3/26)

- Normal practice times
- Tuesday and Wednesday please bring poster paper, markers, sticker, etc to make TEAM Posters for this weekend! We want to cover UGA in ASL Pride

Thursday (3/27)

- ALL Gold, Silver, and Bronze athletes will train in AIKEN from 430p to 630p. We'll spend time working on relay starts, turns, and meet warmup, as well as practicing our team cheers and other team bonding activities. Please bring some warm clothes and shoes!
- Junior group has the option to train at Aiken or in Augusta that day
- SR/National will train in Augusta and stay to help with the LRS meet afterwards

Next Week (3/31 - 4/3)

- We will be holding workouts next week. Practices will start Tuesday (4/1) for all groups, except SR/National who will swim on Monday. SR/National will have a group specific event - more info to come out soon

Masters Week Break will officially begin on Friday 4/4. No practices starting on this day.

Other Information

Divisional Themes!

- Friday night: Blackout
- Saturday all Sessions: Dress like your coach (or any coach)!
- Sunday all Sessions: Neon Lights/Pink Party (Wear any bright and loud colors)!

The team spirit award is our big goal this weekend! We want to rock the building with our ASL Pride. Our posters, themes, and team cheers will all help, but we want to remember to be extra loud when cheering for our teammates! This meet **thrives** on energy, and you better believe that we bring a whole lot of it!

