
ASL TRAVEL

NEWSLETTER

Meet Updates

- Final entry deadline for ASL Fall SR/JR circuit is November 6



Practice Changes

- **Thursday October 31** National and Senior groups will swim 4:15 - 5:45p. Junior/Gold/Silver/Bronze will have the night off. Happy Halloween!!
- **Saturday November 2** all Travel groups will swim before the LRS meet. National/Senior/Junior will swim 0700-0900. Gold/Silver/Bronze will swim 0730-0900.
- **Monday November 11** Junior/Gold/Silver/Bronze will have the day off due to AAC pool closure for Veterans Day. Senior and National keep an eye out for an email from Coach Greg regarding your practice that day in Aiken.

Other Information

- **ASL Fall SR/JR Circuit** has a fun format! Friday will be knockout 50 FRs! We will wittle the field down in rounds until we have 2 competitors left in a head-to-head final! The winner of each age group category will get a championship wrestling belt to take home with them. Sunday will be a timed finals (one swim in each event only).

Saturday will be a Prelims/Finals format for all age groups. It is the team expectation that if your athlete makes a finals swim they will be back at night to race. We are running a one-day prelims/finals meet for the benefit of our athletes. Historically, ASL does much better at night than other teams because of our experience racing Finals sessions. In November we are starting with a one day P/F session so that our athletes can experience it. In December we have our first set of championship meets, which will be two-day prelim/finals sessions. That builds off of our initial experience in November. Then, again, in February and March we will have our second round of Championship meets which is where we shine as a group! By this time, our athletes are used to how these championship meets run and have learned what it feels like to race multiple sessions in a day. They are ready to rock and roll because of their prior racing experience. Racing experience is beneficial for any age because there are championship meets at every level. From Divisionals to Age Group and High School State, through College and beyond, every level utilizes the Prelim/Finals format.



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Other Information

- Practices During High School Meets

High School meets are starting up tonight! The building gets full during these night with multiple high school teams coming in to race. ASL tries our best to be accommodating to the HS meets because we want to encourage the sport of Swimming in the CSRA! We also recognize that most of our High School aged athletes compete with their High School teams and we want to support those endeavors. We appreciate all of our ASL families as they roll with schedule changes and different practices on these nights as we work through the High School season.

On nights where High School meets are happening we are asking that every Gold, Silver, and Bronze athlete that will be at practice also brings **WARM** drylands clothes with them. To help manage the lane space better, coaches may choose to do some classroom time (goals, learning about the sport, video analysis, etc) or run some extra drylands work. We won't have a schedule of when, or if, we will do any classroom/outside work. Coaches will make decisions based on what numbers look like on the night of High School meets.

I have attached the High School meet schedule so that we all know which days to expect extra bodies at the Aquatic Center. If you or your athlete would rather swim at Aiken on the nights of High School meets they are 100% welcome to swim at that site.

- LRS Meet Volunteers

We are looking for athlete volunteers from the National, Senior, Junior and Gold groups to come in and help us with the LRS Meet this Saturday (November 2). The coaches will happily sign any community service hours that the athletes would like to claim. Our meet theme is Country Hoedown! Please bring your best Country getup (Boots, Hats, and Plaid) and be ready to lead some line dancing with your teammates from the Local Racing Squad! Please also remember to bring food for the day as the LRS meet will start right after practices. We are looking for TONS of volunteers! The more Travel athletes we have cheering, timing, and dancing, the more fun the meet is for the Local Squad! If you have any questions talk to your group coach! (If you have any suggestions for Line or Group dancing songs please let Coach Noah know)

