
ASL TRAVEL NEWSLETTER

Meet Updates

- **November 15 to 17** ASL Fall Circuit

Please double check your commitment! If for whatever reason your athlete can not attend, you need to let your group coach know by Friday at noon!

- **December Championship Meets**

Senior Championships will take place from 12/6 to 12/8.

SwimMAC December Invite will take place from 12/6 to 12/8.

PLEASE PLAN ON ATTENDING A MEET THAT WEEKEND! THIS IS OUR CHAMPIONSHIP WEEKEND FOR THE FALL/WINTER.



Practice Changes

- The AAC is a Polling Center. We **will not change anything for practice** but be aware the parking lot may be more crowded until the polls close.

- There is another High School meet Thursday 11/7. Practices will be normal at the Aquatic Center

- **Veteran's Day both sites**

Bronze, Silver, Gold, Junior will be off. Senior and National will swim. Please keep an eye out for an email from Coach Greg

- **Thanksgiving Schedule at both sites**

all groups will swim normal Monday (11/25) and Tuesday (11/26).

Junior, Gold, Silver, Bronze will be off from Wednesday (11/27) until Sunday (12/1)

Senior and National groups will swim Wednesday (11/27), Friday (11/29) and Saturday (11/30)

Other Information

- Coaches are finalizing the Christmas Holiday training schedule! Be on the lookout for information for it coming out soon.

- We will be hosting another Training Camp for the 2024 Winter Holidays! Camp will be for **all** Bronze, Silver, and Gold athletes. We are confirming details with the Aquatic Center and with USCA. We'll send more info out next week!

