
ASL TRAVEL

NEWSLETTER

Meet Updates

Mid season Champs are done! Coaches were thrilled with all of the racing that took place during December! Great job to all who competed!



Practice Changes

- **NO PRACTICES IN AIKEN** from 12/17 (Tue) through 12/21 (Sat) due to pool maintenance
- All practices in Augusta as normal (see attached screenshot)
- **THERE ARE NO DRYLANDS FOR ANY GROUP THIS WEEK**
- Holiday Training Schedule is attached! Gold, Silver, Bronze groups will be running our Winter Training Camp this year! (See more below)

Winter Training Camp

I am so excited to see the return of our Winter Training Camp! We had a lot of fun last year and the athletes got a lot out of the camp. The week is spent learning about the sport of swimming, bonding with our teammates, and getting some great training in. Each day will look a little bit different, but will consist of: at least one practice, a break for lunch, some classroom time and some games or dryland time. I will send a more in-depth email titled "ASL 2024 Winter Training Camp." This was one of my favorite parts of last year and I can not wait to have a great week with everyone!

