

WEEKLY UPDATES

Week of Nov 06 Reminders

Practice Schedules and Deadlines

Changes to the [NORMAL](#) Practice Schedule:

- Seniors R/W heading to Charlotte will have a recovery swim on Monday from 4:30-6:00 in Augusta OR 4:00-5:30 in Aiken to keep in preparation for next weekend.
- ALL other groups will have Monday off- THANK YOU to all the parents who helped to make this past weekend a success. We knocked it out of the park!!! The visiting teams were thoroughly impressed with our organization and execution of a great meet for the athletes. Special thanks to Rebecca Pattillo (our Meet Director), John Blanchard (our Meet Referee) and Kathleen Wilkinson (our Meet Admin), and all our officials and hospitality/concessions folks, and the timers!!!
- We will have regular workouts Tuesday/Wednesday, and on Thursday, with a HS meet in Augusta, we'll just have the Age Group R/W/B athletes in from 6pm onward. The pools are CLOSED on Friday, Nov 10th for Veteran's day.

Upcoming Deadlines:

- Great job racing this weekend- let's keep it rolling and get registered for the 2nd round of Winter League dual meets! [Brave vs Proud](#) on Friday evening or [Fierce vs Strong](#) on Saturday morning.

Other Programming Notes:

- I'll send out a meet wrapup out sometime tomorrow after I've had a chance to upload results and dig through them for the stats- keep an eye out- it'll be a big one, lots of great racing!!!



Aiken-Augusta Swim League
PO Box 2896 Augusta, GA 30914

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Coaches Corner

Message/Notes from a Coach

by **Alto Swim Club** on Nov 05

Hello! I'm going to share a link from my coaching friend Joey Sementelli, who's the head coach for Alto Swim Club, the program that runs out of Stanford University's pool, and owned/operated by Greg Meehan, the women's head coach at Stanford and a Team USA Olympic Coach.

[Alto Swim Club: Understanding Swimmer Disqualification \(DQs\)](#)

Parents who are new to swimming often have questions about swimmer disqualification (or DQ slips).

Receiving a DQ is a part of the learning process and a standard aspect of the meet experience. Don't panic, and please do not coach or punish your swimmer. As we will explain below, we use the DQ process at meets to help teach the rules and reinforce the learning process!

Swimming is a technical sport. Developing the correct skills and movement patterns in each stroke takes time, practice, repetition, and coaching feedback. As a young or beginning swimmer develops, they will get stronger and more consistent with time.

[Click here to continue reading on Alto's website!](#)



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Swimmer Spotlight

Asher Eichenberger, 10, Brave, JR White

Asher is in his second year with ASL. He started out in our AG Blue group before quickly moving up to AG White and then AG Red by the summer.

He's currently swimming with the JR White, and loves traveling to cool places for away meets.

His favorite race is the 100 Fly, and when he's not at the pool swimming with his buddies, he's eating cheeseburgers or playing video games!

Asher's talents extend well beyond the pool- he has played the cello since he was 3 years old!!!



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