

WEEKLY UPDATES

Week of Sep 25 Reminders

Practice Schedules and Deadlines

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

- Looks like a relatively normal week for us, Monday-Saturday (no Senior Sunday in Aiken). Any changes due to weather, etc, will be emailed/blasted out.
- Senior/JrRed training on Wednesday, 09/27 will end at 5:30 to allow athletes to get home and settled before the 7pm Zoom detailed in Mike Groves' email.

Upcoming Deadlines:

- GCAT Fall Flash in Savannah- deadline to register is Wednesday 09/27. Please let us know if your athlete(s) availability by then.
- The Charlotte Open Water event is this Saturday- if you got the invite to register and have, please let me know if you are attending.

Other Programming Notes:

- An event has been created for the [Fall Pool Party/Pumpkin Painting!!!](#)
- Emails have been sent about a dozen or so USA registrations we're still looking for- please respond to Coach Shannon as these need to be done ASAP! After Wednesday 09/27, we won't be able to have your swimmers in the water until it is completed.



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

WEEKLY UPDATES

Coaches Corner

Message/Notes from a Coach

by **Coach Greg** on Sep 25

Allowing the athletes to own their process, and subsequent performances will ultimately lead to them getting as close as possible to their full potential, but it will provide them with a great life skill that will serve them well in all areas of their future. <https://www.yourswimlog.com/how-to-be-an-awesome-swim-parent/>

How to Be an Awesome Swim Parent

 by Olivier Poirier-Leroy

The swim parent lifestyle is a soggy, herculean and often thankless one.

There are all of the early morning practices, the weekend-long swim meets, the fundraising, helping with the board, chaperoning, the fees, the carpooling, and the food, *ohmagod*, all the food.

And most importantly, there is the most fundamental and irreplaceable role you have as a swim parent: cheerleader and support staff to your little athlete.

I get a lot of emails from parents who want the best from their swimmers, for them to enjoy the process of improving, but are often unsure what to do. It's an awkward two-step of wanting to encourage their kids to be better, but to be better without having to be necessarily pushed.

Some [recent research on elite athletes have shown that top performers have parents](#) (and coaches) who are supportive, but who still **allow the young athletes to own their sport and subsequent performances.**

With that in mind, here are some ideas on **how to be an awesome swim parent:**



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

WEEKLY UPDATES

Swimmer Spotlight

Ellie Martin, 12, Fierce, Jr White

Say hello to Ellie Martin! She's in her FIFTH season with ASL, and she's getting better with every year- for the first time, she ENTERS this season with State qualifying times, and she's locked in and ready to go in February!

Ellie's Favorite event is the 50 Breaststroke, and she loves that at ASL, you can work hard and improve while still having lots of fun.

She loves to eat pancakes and when she's not at the pool swimming, you can find her playing softball and hanging out with friends (often times at a pool!).

Recently, she was excited to get the opportunity to train llamas for show!



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