

WEEKLY UPDATES

Week of Oct 02 Reminders

Practice Schedules and Deadlines

Changes to the NORMAL Practice Schedule:

- Unfortunately, Aiken is down for Monday/Tuesday due to a gas leak- please look at the [Augusta Practice Schedule](#) and we hope to see you all on deck!
- There will be NO Workouts on Friday 10/06 thru Sunday 10/07 as the Staff and 90 athletes will be in Savannah for the GCAT Fall Flash.

Upcoming Deadlines:

- Anyone interested in attending the [Okefenokee Open Water](#) event on 10/14 will need to register ASAP via the event page. I will be sending our entry in (this is a GA Swimming event, so it will be entered like a swim meet). This event is a qualifier for the Open Water ZONES all-star event next spring, so don't miss out! Open to all Junior White, Junior Red, and Senior athletes.
- It's time to start registering for the FIRST set of dual meets! You'll only need to attend one of the two meets, whichever aligns with your athletes' house, but ALL athletes are encouraged to attend these events, which should be SUPER FUN and FAST!!! [Brave and Fierce can click here](#), and [Proud and Strong can click here](#).

Other Programming Notes:

- The [Fall Team Party](#) will take place on 10/21 in Aiken. Please refer to the event page for more details. Start looking for good pumpkins now!



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Coaches Corner Message/Notes from a Coach

by **Jonathan Dray** on Oct 02

If we had all grown up long long ago, in the earliest of human times, we would be grateful for our biological fear-response that might have saved us from the human-eating beasts lurking in the murky waters.

In today's modern times, we do not face these same threats. However, we are still at the mercy of our fear-response when it comes time for meets and training, as it is a central aspect of who we are.

"Don't be afraid!" ... "Have no fear!"... are some of the things you'll hear on deck at meets as swimmers hype up their teammates and coaches give their teams pre-race pep talks. Both are noble attempts at minimizing the paralyzing effects fear can have on us but neither truly penetrates the real issue:

[CONTINUE READING HERE](#)



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Swimmer Spotlight

Wyatt Pye, 13, STRONG, Jr Red

Wyatt is in his second year with ASL, having joined in the fall of last year.

He enjoys being at practice and being in water, and loves racing the 50 Freestyle!

When he's not at the pool, he can be found hanging around with his friends, eating chicken fingers and fries. He's one of 5 boys, and has a twin!

In the summer, he competes with Jones Creek, and loves taking trips to the mountains or the beach, making anything an adventure!



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