

# WEEKLY UPDATES

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## Week of Oct 10 Reminders

### Practice Schedules and Deadlines

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

- Due to the Winter League DUAL MEETS on Friday PM and Saturday AM, there will ONLY be JrRed/Senior on Friday from 4-5pm, and Saturday morning 7-9am. All other groups will not have workouts on those days, and everyone is strongly encouraged to sign up for the dual meets!
- JrRed/Seniors WILL have practice on Sunday, 10/15 in Aiken, from 8-10:30am

#### Upcoming Deadlines:

- Our 'Last Call' for the Winter League dual meets is Wednesday at midnight.
- 'First Call' for the November meets- our ASL Fall Invite on Nov 3-5, the RAYS IMX Meet on Nov 10-12, and for Sr White/Red, the SwimMAC LC/SC Invite on Nov 11-12.
- The November meets are a great opportunity for athletes to prepare themselves for 'back-to-back' Championship meets that spring up on the calendar, specifically in the summer- AG States & Zones, SR States & Futures, etc. Performing well over 2 meets and a 10-12 day period is a LEARNED skill. Those who practice it will master it.

#### Other Programming Notes:

- October 21st is our FALL TEAM OUTING, a "Pool Party/Pumpkin Decorating" party at USC-AIKEN. It'll be a fun afternoon of hanging out as a team, doing some House bonding activities, and lots of Q&A tables for the parents to talk to coaches/board members. We'd love to see ALL our ASL athletes/families at this fun event. More info to follow in a separate email.



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## Coaches Corner

### Message/Notes from a Coach

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by **Coach Greg** on Oct 10

As we're getting into the competitive season, I wanted to point out some things from this past weekend in Savannah. It was an AMAZING weekend of racing. As we've been treating that meet as our season opener for 3 straight Octobers, we have the ability to do some comparisons as we're using this meet to, for the most part, get some early season times in the two relevant distances of each stroke (50/100 for those who will race as 12-unders in February, and 100/200 for those who'll be 13-over).

We swam 247 events this past weekend that we swam a year ago in 2022. Of those 247, a whopping 216 were drops (and all but 5 of those adds came from my 15-overs, who've 1) been training super hard this fall, and got 1 day of rest before competing and 2) may have begun to focus their event list to be a bit more specific in their last two years in HS, and thus won't be prepared to compete in events they were focusing on last year).

And when I say 216 were drops- I mean, they were DROPS. Those 216 events dropped a whopping 1,502.19 seconds, which is about 6.09 seconds per event!

I noticed some comparing of seed times to results, and that really isn't fair to the athletes. They did those times at the END of the short course season, at AG State at GaTech, or the SMOC Meet at our home pool, or Divisionals in Athens at UGA.

Those times are not comparable to what we're doing right now- most of these athletes are still settling into new groups, or groups with a much different makeup due to others moving up. They are still very much focusing on technical drilling, skill building, and we're spending MOST of the practice TEACHING.



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As we progress into the chillier months, we'll be getting some speedier work going on, but that speedy work is only speedy if they're swimming correctly. And they can't sustain it if they don't have the proper foundation from the first 8-10 weeks of the season. What the groups look like today vs December vs March are three wildly different things.

As coaches, we are constantly reminding these athletes to only look at results in the context of themselves, and even within that context, themselves in October is not the same as themselves in February or March.

The swimming season is LONG. mid-August thru the end of March. That's 31 weeks this year. Which can be great in that it gives us coaches time to do things RIGHT, before we do them FAST, before we do them MORE. In a shorter season, say for a HS only athlete, they've got 2-3 weeks and then they're competing for 4-5 weeks before they are expected to peak for 2-3 at the end of the season.

It can be a bit of a hurdle, as it requires patience that most kids struggle to find. But it's a hugely important skill in life, too- Patience to work hard for delayed results. As Coach Evan said today in our staff meeting, 'When I was 15-over, if I went a best time in-season, I'd have been stunned. It just never happened'. In-season means at these early season meets before we get to the December Senior Champs, and February HS/AG Champs season. Which means you had to spend a few months working consistently, smartly, and hard to get to the meet where you would 'perform' at best time level.

We, collectively as a staff, were EXTREMELY happy with these kids this weekend. They were asked to focus on some details/skills, breathing patterns, and strategies that will benefit them when the speedy swimming comes later. They were essentially doing a dress rehearsal for later months. And they ROCKED it. We knocked off SO MANY events with no times, and had kids trying all the harder races and doing great! In the 11-12 girls 100 Fly, there were 19 entrants, and 15 of them were ASL!!! It makes me so proud to see the kids take on big challenges with courage and grit.

Other teams came into this weekend at different points in their seasons. I think some of the host teams athletes suited up for some races, but this was their 2nd or 3rd time racing this season, and it was their meet in their pool- we'll do similar things in November at the Fall



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Invite. Some of the SC teams had kids tuning up for their HS State meet next week. They all did what fit with their plan, and their athletes.

As did we- I've no doubts whatsoever that they will continue to progress (as they always do) throughout the season, and this will be one of the best seasons for ASL yet. We've already got more swimmers qualified for AG State after 1 weekend of racing than we did in the whole of last Fall/Winter.

The first meet always has some hiccups and rusty racing. Nobody goes 2-3 months without racing and just nails it, with end-of-season-sharpness in their performances. We'll look and feel cleaner and sharper each meet, as we go through with OUR plan.

Team Unify is struggling with some of the best time reports, and has been since the upgrade in August, so I'm unable to send out any meet results reports, but some reports are working, so I got one from last year's Fall Flash, and this years Fall Flash, and did some copy/pasting, and I'll send that out in a separate email. It's mind-boggling how awesome these kids did from last year to this year.

Let's use this as a springboard into the rest of the racing season- and remember, if you aren't racing, you aren't progressing, so sign these athletes up for meets!!!



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## Swimmer Spotlight

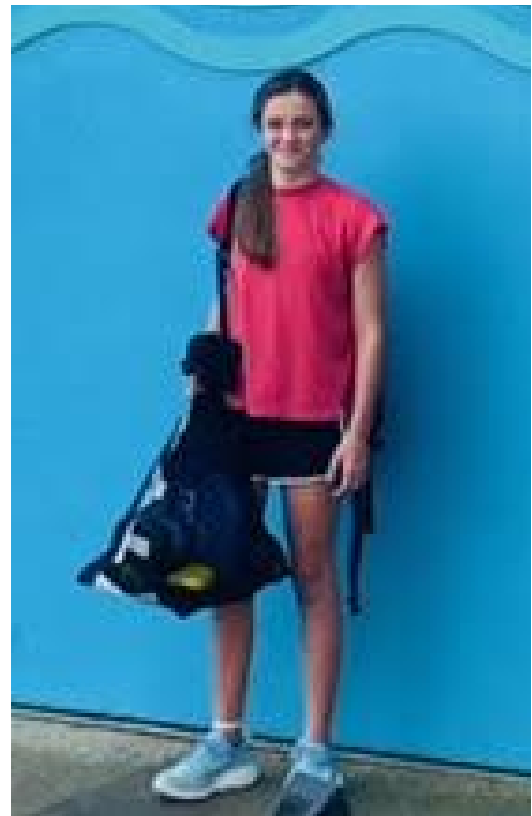
Elizabeth Riggsby, 12, STRONG, Jr Red

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“Riggs” is in her 3rd year with ASL, having joined the team two Septembers ago. She started swimming in the JR Blue Group, moving up to JR White during that first year, and this fall she joined the JR Red.

She loves the 200 Breast, and really enjoys the meets and House events- and despite dropping 9 seconds in the 100 this weekend, doesn't enjoy backstroke :-)

She loves to eat bread, and when she's not at the pool, she loves being outside.



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