

WEEKLY UPDATES

Week of Oct 16 Reminders

Practice Schedules and Deadlines

Changes to the NORMAL Practice Schedule:

- Looks like a normal Monday-Friday for us, but we will ONLY have Senior Red/White and Junior Red on Saturday morning in Augusta, before the [Team Party](#) in Aiken. There will be NO Sunday practice this week for those athletes.
- ASL Team Party!!! We are super excited for this event, it was an amazing time last year and we're working hard to make sure it's even better this year.

Upcoming Deadlines:

- 'Second 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. I'll have a list of folks qualified for the SwimMAC meet by Wednesday. It will likely be athletes with Senior Sectional level cuts.
- 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:

- Please remember to send your athletes to the pool with a water bottle, and remind them that they should have it with them at their lane, and make use of it regularly throughout the practice. Many don't realize that they are sweating in the water, and once they get dehydrated, it won't get fixed until well after the training ends, and they'll struggle for the remainder of that session.



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

WEEKLY UPDATES

Coaches Corner

Message/Notes from a Coach

by **Coach Greg** on Oct 16

Winter League Round 1 Wrap-Up

- What a fun couple of days of racing! The coaches got a lot of information from this weekend, and will look to build on the successes that we had and continue to work on developing these athletes' strokes and skills in the coming months... On Friday night, Brave defeated Fierce behind some amazing swimming from our first season athletes! On Saturday morning, Proud narrowly (by just over a second's worth of time) beat Strong, with the 8-unders doing some MAJOR work for them! I've attached the overall results to the email I sent with the link to this update. Let's keep it rolling going into Round 2 on Nov 17th, where Brave will meet with Proud, and Nov 18th where Fierce will take on Strong!

Updated Winter League Standings

Team	W-L	Total Pts
BRAVE	1-0	45688
PROUD	1-0	36244
STRONG	0-1	35517
FIERCE	0-1	29466

Winter League Round 1 BIG DROPPERS

- BRAVE Ayush Parikh, 50 Breast dropped 33.07 seconds!
- FIERCE Will Kaminstein, 50 Back dropped 26.34 seconds!
- PROUD Charles Wills, 25 Breast dropped 40.46 seconds!
- STRONG Ada Glick, 50 Breast dropped 22.84 seconds!



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

WEEKLY UPDATES

NEW Athletes to the Atlanta Bound Report (Fall Flash and Round 1 of Winter League)

The Georgia Swimming 14-Under Championships are held every February- it's the fastest Age Group Meet in Georgia!!! There are two parts to the meet. The first is the 11-14 State Meet portion, which is held over 3 days, with Prelims in the morning and Finals (top 20 11-12s, and top 30 13-14s from the preliminaries) at night. The second part is the 10-U State Meet along with the 11-14 B-Meet. This is held as a Timed Finals meet in between the 11-14 State Meet prelims and finals sessions.

The full report can also be found on the [Event Page](#) on our Website, and will be updated after every meet we attend. This report shows us who's headed to Atlanta in February (dark green for 11-14 State qualifiers, and light green for 10-U State and 11-14 B-Meet qualifiers, and everyone who's within a Wild Card shot of the cuts in yellow). We run this report so that as the season progresses, and athletes improve, you know when to think about doing some travel meets to take a run at qualifying for this event. If your athlete is in green, they're qualified and headed to Atlanta! **If they're in yellow, they should find as many racing opportunities as they can on our schedule to take some shots at making cuts.**

At these ages, 2, 3, 4 or even 10 (depending on how long it's been since they last raced the event) seconds in a 100y race is not insurmountable. In the last few seasons, we've had athletes drop from the Wildcard level twice with less than a month to qualify, from the Long Shot level over 10x, and countless drops from the Close and Within Reach levels... And we've still got 4 months of racing to go!!!

This is shaping up to be our biggest roster ever sent to this meet, and we couldn't be more excited about this awesome group of athletes. This is a list of athletes who moved up to a new level in this report over the last two weekends of racing- **we've got FIVE new athletes who are ATLANTA BOUND in February** (in bold)!!!



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

WEEKLY UPDATES

- 11-12 Girls

Layla McGee (State)

Abigail Ward (JO)

Vera Eichenberger (Close)

Katie Opalka (L-Shot)

Kaylee Pham (L-Shot)

Antonia Krynski (Wild)

- 10-U Girls

Jessica Lu (Wild)

- 13-14 Boys

Ian Martin (JO)

Nolan McGowan (Reach)

Jacob Milford (L-Shot)

Noah Kaminstein (Wild)

- 11-12 Boys

William Kaminstein (JO)

Dylan Davis (Wild)

- 10-U Boys

Lucas Winn (State)

Nolan Purcell (Reach)

South Carolina HS State Championships Update

We also had several athletes competing for their schools this weekend in South Carolina- Hailey Long and Junior Long competed in the SCISA Championships, while Marianna Platte, Layla McGee, Macy Harper and Amelia Harper competed in the SCHSL Girls Championships, with David Platte and Matias Jokulis still to compete on Monday in the boys SCHSL Boys Championships.

Congrats to Amelia, who finished 3rd in the 200 IM and is the **2023 South Carolina Girls 100 Breaststroke STATE CHAMPION**, finishing 1st with a strong 1:05.74!

Let's keep the momentum from this racing phase going, and get signed up for the next phase of racing with ASL!

- Nov 3-5, [ASL Fall Invitational](#)- for ALL ASL Athletes
- Nov 10-12, [RAYS IMr/IMX Meet](#)- for any White/Red athletes
- Nov 11-12, [SwimMAC LC/SC Invitational](#)- for qualified 13-over athletes
- Nov 17-18 Winter League Round 2 ([Brave/Proud](#) or [Fierce/Strong](#)) for ALL ASL Athletes



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

WEEKLY UPDATES

Swimmer Spotlight

Escher Motto, 11, STRONG, Jr White

Escher is in his second year with ASL, and is coming off an amazing first year with us where he qualified for and competed at the State Championships in February 2023!

He loves training hard and competing with his buddies on ASL.

When he's not in a pool, he likes to be on the golf course, and loves to eat sushi!!!

Escher can also solve a Rubik's Cube in UNDER 20 SECONDS!!!



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