

WEEKLY UPDATES

Week of OCT 23 Reminders

Practice Schedules and Deadlines

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

- This will be a NORMAL week of training, and as of Monday, no adjustments.
- There will NOT be a Sunday practice in Aiken for Seniors/JrRed.

Upcoming Deadlines:

- LAST CALL for the [ASL Fall Invite](#)- this meet is for ALL our ASL Athletes in ALL our training groups. For newer/younger swimmers, it's a great way to see what a travel meet would be like, without the hotels/driving! Sleep in your own beds, and race fast! The coaches will not enter them in anything they aren't For more experienced/older athletes, it's our home opener- let's GO!
- We've got a hard deadline for the [Stingray IMX Meet](#), so please don't wait to register for that event. As I've discussed in previous Updates, it's a great way to prepare for Championship season, with two weekends in a row of racing. It'll be a MONTH before the next opportunity, so please take advantage of this awesome opportunity.
- First call for the [November Winter League](#) meets.

Other Programming Notes:

- Just a quick heads up into next week, we will NOT have any practice for the 545-745 groups on Tuesday (Halloween). The Seniors/JrRed will still run from 4-530pm @ the AAC. There will be NO Aiken workouts on Tuesday.
- With us hosting a meet, there will also be no workouts on the weekend in either location, as we begin racing (older athletes doing the distance freestyle on Friday).



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

WEEKLY SL UPDATES

Coaches Corner

Message/Notes from a Coach

by **Greg Gillette** on Oct 23

Folks- thank you to everyone who came out on Saturday and helped make it a hugely fun and successful event! I'm always excited for the pumpkin decorating, and watching these kids play/goof around together is just icing on the cake.

Huge shoutout to our pumpkin decorating contest winners- from Brave House- Robert Gambrell, from Fierce House- Maclain Roberts, from Proud House- Elsa Horcher, and from Strong House- Georgia Morris! Maclain took the top prize, and 1,000 bonus points for Fierce House.

And a big thanks to ALL the veteran families who helped out putting together the day, and to Mike Groves, Rebecca Pattillo, Liz Salser, Breanne Blaszcak, and Becky Wilson for all their hard work coordinating our efforts and giving up their time!

Check out our [Facebook Page](#) for more pics from Saturday!



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