

WEEKLY UPDATES

Week of Oct 30 Reminders

Practice Schedules and Deadlines

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

- It's [FALL INVITE](#) WEEK!!! We'll be running normal workouts Monday-Wednesday. Click the link to the meet page to see Entry Reports, Timelines and Heat Sheets as the week rolls on.
- There's a HS swim meet on Thursday 11/02 in Augusta, so only the JR White/Blue groups will swim that night. NO Practice for Development or Age Group- but you're more than welcome to swim in Aiken, practices start at 7pm.
- The meet begins on Friday, with the Distance session, so there will not be any workouts on Friday in either Augusta or Aiken.

Upcoming Deadlines:

- We will be sending in entries for the [Stingray](#) and [SwimMAC](#) meets on Tuesday AM, so please register by the end of the day Monday for these racing opportunities.
- Let's also get ahead of things with the November Winter League Meets- [Brave vs Proud](#) on Friday Night, and [Fierce vs Strong](#) on Saturday Morning

Other Programming Notes:

- Just a reminder that parents may watch practices from the observation room, the lobby, or up in the stands, but not from the pool deck. Thank you for helping us keep the deck safe and allowing the coaches and athletes to focus.
- The Senior R/W and Junior Red groups are now wearing Tritonwear during training, and we're still looking for a some no-longer-needed iPads and TVs to display this data live to the athletes during training. The iPads and TVs will also be used with the JR, AG and DEV groups on deck to watch video during training.



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

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Coaches Corner

Message/Notes from a Coach

by **Greg Gillette** on 10/30/23

Just a quick one this week- I watched [this video \(part of a series\) on SwimSwam](#) and it stayed with me all week because 1) they were very fast, obviously. But I expect that from Olympians and Gator Swimmers... the thing I can't let go of is how everyone but 2 people FAILED that set. Only Katie Ledecky and Bobby Finke completed the set.

But it wasn't BAD. Those coaches and athletes knew they weren't going to make it on the 7x100s on 1:05. But they attempted it anyway, and likely had a plan for what to do when it happened (probably rest :05 and go).

But these are the FLORIDA GATORS. One of the top 3-4 programs in the country. How could they fail???

Because sometimes, that's the goal. Sometimes, the goal is to push to the brink, and get as far as you can in a set, and then when failure happens, keep plugging along as best you can.

It isn't super relevant for most of our athletes, but those swimming in Junior Red and the Senior Groups, it is something to think about- becoming OK with failure in training. Because we SHOULDN'T be successful in EVERY set. If they are, then they are not being challenged or pushing themselves enough. And there's a rainbow at the end of failure- your body has a new 'MAX'. You can push 'thatmuch' further when you need to, going forward.

And that's the goal. To be better than you were yesterday.



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Swimmer Spotlight

Athlete Name, Age, House, Squad

Leah Kate loves swimming with ASL because she gets to practice with her friends, and especially enjoys racing the 50 Freestyle! She loves to read and sing, and when she's not at the pool, she's usually playing with friends, or clothes shopping with her mom- and she LOVES pizza.



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