

WEEKLY UPDATES

Week of Nov 13 Reminders

Practice Schedules and Deadlines

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

- All groups OFF on Monday after the weekend of racing away.
- Thu 11/16, ONLY Development 6pm-7:15pm in Augusta [due to the HS meet](#).
- Senior/Jr Red Friday 4-5pm and Saturday 7-9am, all other groups are in the Winter League meets those evenings.

Upcoming Deadlines:

- Winter League dual meets last call- We will close them on Thursday evening and get things setup and sent out on Friday morning. [Brave vs Proud](#) on Friday PM and [Fierce vs Strong](#) on Saturday AM.
- [Georgia Senior State](#) entry deadline is Tuesday 11/21. Please check the qualifiers report and register your athlete asap- we won't have any new qualifiers at this point, so the sooner the better so we can plan coaching coverage and practice schedules for the rest of the groups.
- The deadline for the [Charleston](#) meet is approaching- this meet is for ALL athletes in White/Red groups not attending Senior State.

Other Programming Notes:

- Looking ahead a bit- we will NOT have any Development/Age Group/Jr Blue/White workouts from Wed-Sun of Thanksgiving week. Seniors and Jr Red will have workouts, and the schedule will be sent out shortly to those groups.



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

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Coaches Corner

Message/Notes from a Coach

by **Coach Greg** / SwimSwam on Nov 14

Hey folks! As we are approaching our “Mid-Season Championships” (Senior State, Winter Junior Nationals, and the SCSC Blizzard Blast in Charleston), it’s important to remember that while these are ‘Championships’, they are also just a step along the road for these kids. We coaches will be preparing them for peak performance, to be sure, and we are setting goals with them with that in mind, but there are bound to be some mistakes and hiccups along the way- because we are still only at the “Mid-Season” point, and these meets will serve as a test of where we are, and what needs adjusting as we round into the New Year, and Georgia HS State Champs, Georgia 14-Under Champs, the SMOC Meet, and Divisionals approach.

[Here’s a great link to an article compiled by SwimSwam](#) from a few years ago that will help us all help these young athletes do their best. It’s crucial that they be getting advice/feedback/critiques from their coaches, and unwavering support (food/hydration, hugs, etc.) from their families/friends.



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Swimmer Spotlight

Eva Tang, 10, Proud, AG Red

Say hello to Eva Tang! Eva has been on ASL since August of 2021, since she was 7! She thinks all the ASL coaches are nice and funny (looking?).

She loves to race the 100 Breaststroke, and when she's done with that, eating some sushi!

When she's not at the pool, she likes going to the movies, hanging out with her friends, or relaxing and reading a good book.

She really loves to decorate and organize everyone's room/closet, so if you are in need of a consultation, Eva's your girl!



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