

WEEKLY UPDATES

Week of Nov 20 Reminders

Practice Schedules and Deadlines

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

- Monday and Tuesday will be NORMAL
- Seniors/JrRed will train Wednesday and Friday in Aiken 4:00-6:30pm, Saturday in Augusta from 8-10am, and Sunday in Aiken from 8-10:30am
- All other groups will be OFF from Wednesday thru Sunday, back to normal on Monday 11/27

Upcoming Deadlines:

- Last calls for [Senior State](#) and [SCSC Blizzard Blast](#)- these are HARD deadlines, as we are not the hosts and we will be unlikely to do post-deadline adds. Please don't wait to sign up and miss out on our mid-season focus meets! All White/Red group athletes should be attending one of these meets. Please don't miss this opportunity as we'll be primed and ready to race!!!

Other Programming Notes:

- [We've added an event to the calendar](#) for 8th graders and up to meet with an [American College Connections](#) representative to go over the college recruiting process and the steps athletes need to take and when to do it. 8th and 9th graders on Wednesday night, and 10th grade and older on Thursday night. Parents should attend these Zooms with their athletes.



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Coaches Corner

Message/Notes from a Coach

by **Braden Keith** on Feb 23, 2023 via SwimSwam.com

This article was written this past spring, but it also applies to these December 'go-fast' meets we'll be attending. Here's the first bit, and please click the link to read further!!!

The spring championship season for swimming is upon us. Major high school championships in Texas, Ohio, Minnesota, Georgia, and several other states, along with American collegiate championships, will have the blood pumping and weekend-after-weekend of exhilarating performances.

Coaches prepare their athletes to perform their best at this time of year with tapers, motivational speeches, and team bonding rituals. But what about parents? How should parents approach championship season both to help their athletes maximize performance, and to help their athletes maintain their joy for the sport?

[Here's a list of tips for how swim parents can crush championship season.](#)



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Swimmer Spotlight

Nolan Purcell, 10, Strong, Age Group Red

Nolan joined ASL just under a year ago, in December of 2022. In his short time with us, he's made HUGE strides, especially over the summer in the Long Course season!

He really enjoys racing the 100 IM, and coming to practice and interacting with his coaches.

As you can see, he enjoys fishing in his free time, eating Caramellos (edit from Coach Greg- ew!), and when he's not in the pool, he's probably playing soccer, baseball, or flag football.



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