

WEEKLY UPDATES

Week of Jan 17 Reminders

Practice Schedules and Deadlines

Changes to the NORMAL Practice Schedule:

- Thursday night 1/18 is the final HS meet at the AAC, ONLY Junior W/B should attend.
- Seniors/JrRed will have practice Saturday 7-9:30 @ the AAC, and Sunday 8-10:30 @ Aiken.

Upcoming Deadlines:

- This weekend's PLAYOFF Round of the ASL Winter League is closing on Thursday evening- please get your athlete(s) committed so they can help their team advance to the CHAMPIONSHIPS!!!
- The Lanier Deadline is also closing THURSDAY (an extra day, our deadline is Friday Morning). I'd strongly urge anyone competing at AG State in Mid-February, who isn't competing for their HS Team @ the State meet to attend the Lanier meet. We want to keep them SHARP and in RACE MODE, and going from our Winter Invite to the State meet is a 6 week layoff. The Lanier Meet splits the difference and gives them a chance to grab another cut or two, and not get stale. It's also the LAST CHANCE for anyone who's on that Wild-Longshot-Reach-Close Report to punch their ticket to Atlanta!!!

Other Programming Notes:

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Coaches Corner

Message/Notes from a Coach

by **Coach Greg** on Jan 17

It's been a long 8 weeks since Thanksgiving, with Mid-Season Championship Meets, a short break, Winter Training, more meets and travel, and we're already gearing up for another round of Championship Meets. It's been BUSY.

I apologize for not keeping up with these, but again, it's been super busy... but in that time, I've gotten lots of great information meeting with coaches in Atlanta for Georgia Senior States, in Columbus, OH for US Junior Nationals, talking with coaches at our Winter Invite, and last weekend in Charlotte for the Novant Invitational. I'll be sharing that info over the next few weeks, but for today, I've got a link to a great speech by Teddy Roosevelt.

I don't think I need to do much to introduce him, so I'll just [link to his great speech here](#), and leave this snippet, which is the section that stood out to me the most- and highlights the quality in athletes which I think is the MOST important trait to have, if the goal is long term success in this sport, or in any endeavor they take on in the future. It's the thing that makes me MOST excited as a coach- watching an athlete put themselves out there, RISKING FAILURE, and regardless of the outcome, find positives in the experience of attempting to do something great.

Below the snippet, I'm attaching an image of a whiteboard I took a picture of last weekend in Charlotte. Their 11-14 lead coach, Russ Kasl, is probably (definitely) the best 11-14 coach in the country, producing talent after talent. I always stick around to watch his workouts between sessions or before the Friday night session when

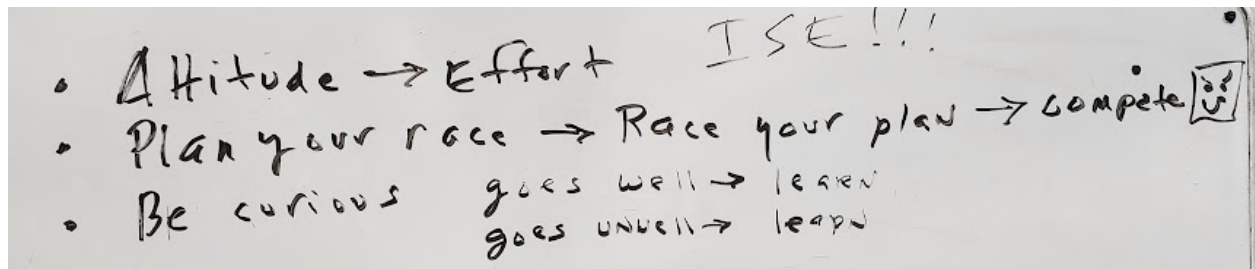


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I'm up there, and he's fantastic. This board was his parting message to his athletes for the weekend, and it aligns with this speech quite well. The SwimMAC athletes were going into the meet looking for results- they were looking for opportunities to refine their processes, sharpen their skills, increase their resilience, and they took on HUGE event schedules, and generally attacked each race with a spirit of "JUST COMPETE", and it felt quite in the same vibe as our #ASLWay.

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat. Shame on the man of cultivated taste who lets refinement develop into fastidiousness that unfits him for doing the rough work of a work day world



- Attitude -> Effort
- Plan your race -> Race your plan -> COMPETE!!!
- Be Curious ...
 - goes well -> LEARN
 - goes unwell -> LEARN



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Let's finish this amazing season off with some great COMPETING, and make sure we get the athletes the opportunities they need to continue taking steps forward. We'll do some more 'looking back' when the season is truly over and done with after Divisionals, but I can't find the words to truly explain how excited I am about the future of this club- the growth, the parent support, the team camaraderie, the amazing staff... ASL is COMING!!!

#ASL2024ChampionshipSeason #LetsGO #WhosNext
#ASLBrave #ASLFierce #ASLProud #ASLStrong
#ShowUp #WorkHard #FindFast #BeNext #TheASLWay



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