

WEEKLY UPDATES

Week of Jan 25 Reminders

Practice Schedules and Deadlines

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

- There will be NO Dev/AG/JR workouts Friday-Saturday due to the meet @ Lanier.
- Seniors/JrReds will train Friday 4-6pm @ AAC, Saturday 7-9:30am @ AAC and Sunday 8-10:30am @ Aiken.
- All groups will resume normal schedule on Monday 1/29.

Upcoming Deadlines:

- Please get your athletes registered for the ASL Winter League Championship Weekend, where [Brave and Strong](#) will duke it out for first place on Friday, Feb 23rd and [Fierce and Proud](#) will battle it out for third place on Saturday, Feb 24th. Read more and see the current standings [HERE](#).
- If your athlete is NOT attending the AG State Meet or the SMOC Meet, the [Gwinnett/Spartan Raffle Meet](#) is a great option to get some racing in between Lanier this weekend and Divisionals at the end of March. Please register soon!

Other Programming Notes:

- Parents doing pickup/dropoffs, **please do not dropoff, pickup, idle, or park in the fire lane at the AAC.** That is an emergency lane only. If you are waiting for your athletes, please do so in one of the two lots, in a parking space.



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Coaches Corner

Message/Notes from a Coach

by **Greg Gillette** on Jan 25

Championship Season Is Upon Us.

It's that time of year again. Championships. The goal of many athletes at the beginning of the season is to make this meet, or to improve their standing from previous years at this meet. Nearly all of our athletes have the February/March Championship meets on their shortlist of goals. With that, comes some heightened emotions- expectations, self or outside pressures to perform, leveling up, etc.

As parents/coaches (the adults), it's important that we help these athletes manage these increased stressors. As a staff, we'll be doing a few things (detailed below) to get the athletes excited about the meets, and with that, potentially increasing their excitement/nerves/fears. We're doing things in a way in which we think will help them focus on the things they CAN control, and to minimize the thoughts of things they CANNOT control.

We'd ask that over the next 6-10 weeks, you as the parents keep the "Champs" talk to a minimum, if not to a complete zero. As their parents, your approval means 10x more to them than us as their coaches. Even well intentioned talk about the meets can end up backfiring as they tend to read into anything you say and think that if they don't match your expectations, they've let you down. It can be crushing, at times. "I just love watching you compete!" is the best phrase for them to hear- because it sets the standard for them to TRY. And regardless of the outcome, if they



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TRY to do their best, they'll be seen as successful in your eyes. It seems oversimplified, but I've seen it first hand with some of better athletes I've been around, and it's the ONE common trait amongst them.

The only expectation coming from the parents is that they COMPETE. Sometimes they drop time, sometimes they add. Sometimes they manage the bigness of the meet with flying colors, sometimes they struggle. But regardless, they're giving their best, and are in a place where they can LEARN from it, either way. If they're worried about how other people are perceiving their performance, they aren't in a position to learn from it.

And aside from some of our Seniors, this is NOBODY's last meet. The vast majority of the athletes on ASL over 100 meets left to figure this out. Let's give them the space they need to process their results, and learn from their mistakes- because THEY WILL MAKE MISTAKES.

Our goal is to have our athletes going to the GHSA State, AG State, SMOC and Divisional Meets with lightness in their body language, having fun with their teammates, and being excited to test themselves at these meets, and ready to grow leaving them.

With that all said, we'll be having some workout opportunities for the AG State meet qualifiers to get together and run through warmup routines, practice some team cheers, and have some goal setting chats at the AAC. We will run workouts for the Development and non-AG State qualifying athletes after that practice in some adjusted times, allowing for those athletes to get some extra attention from the coaches from 6:15 on. The full schedule of adjustments is below:



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Thursday, Feb 8th	- Senior Practice 4:00-6:00 @ AAC - AG State practice 4:30-6:00pm @ AAC - ALL Development 6:15-7:15pm @ AAC - AG White/Blue 6:15-7:30pm @ AAC - JR White/Blue 6:15-7:45pm @ AAC
Friday, Feb 9th	- Senior Practice 4:00-6:00 @ AAC - AG State practice 4:30-6:00pm @ AAC - ALL Development 6:15-7:15pm @ AAC - AG White/Blue 6:15-7:30pm @ AAC - JR White/Blue 6:15-7:45pm @ AAC
Saturday, Feb 10th	- Senior Practice 7:00-9:00 @ AAC - AG State practice 830-1000am @ AAC - AG White/Blue 10:00-11:30am @ AAC - JR White/Blue 10:00-11:30am @ AAC
Wednesday, Feb 14th	I Heart ASL Fundraiser Workout - ALL GROUPS 5:45-7:15 @ AAC - (Seniors attending Arkansas, 4:30-5:45pm @ AAC)
Thursday, Feb 15th	AG State athletes ONLY, drop in for 1 hour before traveling to Atlanta between 3-7pm @ AAC.

(There will be no workouts Thursday Feb 15th through Monday Feb 19th as all the coaches will be away at meets in Atlanta and Arkansas. We will pick back up on Tuesday Feb 20th).



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