

WEEKLY UPDATES

Week of Feb 05 Reminders

Practice Schedules and Deadlines

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

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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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:

- Please check your emails for information on the I **Heart** ASL Fundraising effort.
- We'll be sending out the final Georgia Swimming 14-Under Age Group Championships entries and relay rosters on Tuesday 2/6 for review. Please double check everything for your athlete, and let us know if there's any questions. We've got to submit it on Thursday 2/8, and it's not easy to make changes once it's in, being a Championship Meet.
- 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 **Coach Greg** on Feb 05

As we're approaching our 'Winter Championships', so too are college programs, with most, if not all, holding a Conference Championship meet at some point in February/Early March. It's a wild few weeks, with all these big meets happening all over the country. SwimSwam has posted some 'Primers' for each division and the NAIA, to help make some sense of the madness.

[Division I Primer](#)

[Division II Primer](#)

[Division III Primer](#)

[NAIA Primer](#)

If you have an athlete that may want to continue swimming in college, I suggest taking a stroll through the primers, and then again through the results, to start the process of seeing which conferences your athlete may be able to compete in. Typically, colleges recruit athletes who can finish in the Top 16 of the conference in at least 2 events, usually they like to see 3-4 events at that level.

Please talk to your coach if you have any questions about college swimming- the recruiting process starts in their Sophomore year, and it's important that your athletes communicate early and often with coaches.



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