

WEEKLY UPDATES

Week of Mar 14 Reminders

Practice Schedules and Deadlines

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

- We will run NORMAL workouts from Thu Mar 14 thru Sunday 17th.
- Monday, March 18 through Wednesday, March 20 will be ASL SPIRIT WEEK with all workouts at the AAC on the schedule below. We will run NORMAL workouts on Thursday, March 21.
- There will be NO workouts during Divisionals, Friday March 22 through Sunday March 24.

Monday 3/18	Development 6:00-7:30 Age Group 6:00-7:30 Junior Blue/White 6:00-7:30 JrRed/Senior 4:30-7:00
Tuesday 3/19	Development 6:00-7:30 Age Group 6:00-7:30 Junior Blue/White 6:00-7:30 JrRed/Senior 5:00-7:30
Wednesday 3/20	Development 6:00-7:30 Age Group 6:00-7:30 Junior Blue/White 6:00-7:30 JrRed/Senior 5:30-7:30



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SPIRIT WEEK:

- Monday- we'll be handing out the Sunday In Augusta tee-shirts and caps for Divisionals, as well as having the older athletes run the younger athletes through some team cheers.
- Tuesday- we'll be doing POSTERS!!! Please have your athletes bring in some poster board and we'll have a inter-House competition to get on the wall for the meet!
- Wednesday- Final Cheers rehearsed, lots of Starts/Turns/Finishes.

Upcoming Deadlines:

- Last call for the Divisionals meet- our registration ends tonight! Please don't miss out on this opportunity for your athlete to compete in this super fun, all-team meet, right here in our own pool!

Other Programming Notes:

- Divisionals will have a lot of people coming in, so please make sure you read all the emails and information about it, as there will be some new parking/dropping off routines for the meet that we need to stick to in order to ensure everyone's safety and a smooth transition between sessions.
- Please make sure you remind your athletes to gather up all their belongings at the end of the night- our lost and found is growing, and there's lots of nice, new equipment in it.



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Coaches Corner

Message/Notes from a Coach

by **Coach Greg** on Mar 14

I'm just going to use this space here to thank everyone who helped put on the SMOC meet last weekend. It was a huge success, with all the teams having sent me a message thanking everyone for their hospitality and for putting on a fantastic, unique event.

We really did put on quite the show- the athletes coming in from Missouri, North Carolina, South Carolina and Georgia were dancing their faces off every night, and lighting the pool on fire with some amazing swims.

There are several folks who helped out all weekend long to put the event on, and some of them rarely, if ever, left the pool from 7am-8pm.

Our amazing Meet Director, Rebecca Pattillo beyond all the hours getting this meet set-up, was sending people to her house to heat up some dishes for hospitality, on top of making all the action happen, organizing volunteers and troubleshooting throughout the weekend.

Mike Groves, on top of being the Meet Referee, spent Thursday and Friday between sessions re-velcroing all the touch pads with Coaches Shannon and Noah to ensure a quality race experience for all competitors.



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Kathleen Wilkinson, our Meet Admin, worked with her trusted #2, Joseph Morris, and all the visiting officials to make sure all the times got collected and recorded, set up the logistics for every session, and dealt with all of us annoying coaches and our endless requests 😊

The Burch's! Christa running hospitality, with some amazing dishes from you all (which were greatly appreciated!!!) and DJ Donnie making the vibes in the building second to none.

Becky Wilson, Brianne Blaszcak and Liz Salser, who worked every session, Makka Fouitah and the Long Family, who were there all weekend in various roles, Christina Alexander who filled in for various roles, and special shoutout to former swimmer Lily Wilkinson and current Jr Blue athlete Consi Chavarria for timing as many sessions as they could outside of school! Eric Koch, who worked while Jen Mihalik swam in every session, and cheered our athletes on all weekend long.

Our officials, John Blanchard, Kimberly Petersen, Michael Opalka, Lauren Newton, Ross Meschke, Lisa Lesak, Meghan Lacock, Sarah Long, Ryan Petersen, Rebecca Harper, Shirley Groves, Karen Fralick, Jacob Eichenberger... and especially the "ALL 8 SESSIONS" crew of Kathleen Wilkinson, Joseph Morris, Mike Groves, Pete Wilkinson, Jason Pattillo, Steven Douglas, THANK YOU! I got several emails/texts from coaches asking me how we get so many officials. It isn't easy, but it IS greatly appreciated- you folks ROCK!!!

And to the timers who came in, all of the hospitality/concessions workers all the marshalls, all those who donated food and everyone who came in to cheer- THANK YOU!!! We hope to continue to run this meet well into the future, and these good deeds will be repaid 😊!!!

And to the ATHLETES, for whom all this hard work is done in service of:



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In this years SMOC, we had 21 team records broken- 17 individually, and 4 relays.

We happily finished second for the second year in a row, but we got ahead of the team that beat us last year!!! The meet grew from about 156 athletes to 210 athletes this year, and with continued great reviews, we look to approach 300 athletes next year! We saw a young man go 19.9 in the 50 Free in our pool! We saw that same young man make his Olympic Trials cut in the 50 Free on Sunday, with a time of 22.69. We saw a couple of Georgia Swimming records go down, and some amazingly close relays.... What a weekend!!!

ASL had several new Futures Meet qualifying times achieved, and a new Winter Junior Nationals qualifier (Heba Foutiah), and a new Masters American Record in the 50y Free for Jen Mihalik!!! But most importantly, I think that this program got BETTER last weekend. We saw some amazing things, we did some amazing things, we learned a lot, and we'll move forward into the summer better for having been a part of this weekend.

Let's ROAR into this Divisionals weekend, show everyone what Augusta hospitality is like, run a great meet, swim fast, WIN THAT SPIRIT AWARD, and head into Spring Break knowing we gave this short course season our very best!

#ASLBrave #ASLFierce #ASLProud #ASLStrong
#ShowUp #WorkHard #FindFast #BeNext #TheASLWay
#NEDivisionals2024 #SundayInAugusta #LetsGO!



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