

WEEKLY UPDATES

Week of September 04 Reminders

Practice Schedules and Deadlines

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

- No Workout on Monday, 09/04 for anyone due to the Holiday
- Aiken Pool is closed thru at least Tuesday, we will update with any news as we get it. For the time being, ALL Aiken athletes should follow their corresponding Augusta training group.
- We will begin our Saturday practices this week, on 09/09

Upcoming Deadlines:

- The deadline to register for the Winter League time-trials is Wednesday, 9/13. Please get this done before that date so that on the 14th, we can work on entries and get you all accurate timelines, heat sheets, etc.
- For those eligible for the first Open Water Swim, please register by 09/07 to get the early registration pricing.

Other Programming Notes:

- Augusta Swim Supply will be on site in Aiken on Wednesday, 09/06, and in Augusta on Thursday, 09/07.
- Just a reminder that practices in Augusta can be observed from up in the stands, or from the observation room in the lobby. Please do not sit on the bleachers on the pool deck. Thank you!



Aiken-Augusta Swim League
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Coaches Corner

Sharing a great resource for parents

by **Coach Greg** on 09/04

Hello! I'm going to share a link to a new YouTube channel set up by one of my good coaching friends, Paul Yetter. He's been a lifelong coach, who's now navigating life as a swim parent, with his daughter a couple of seasons into her swimming journey with Paul's club, North Baltimore Aquatic Club (Michael Phelps' old club, where Paul coached several Olympic/National Team level swimmers such as Katie Hoff, Austin Surhoff, Elizabeth Pelton, Felicia Lee, and many others!).

He's a very interesting guy, who looks at things in a unique way. I've always enjoyed talking coaching with Paul, and never leave a conversation with him without having several things to look into and learn about. Bookmark this, and enjoy!

<https://www.youtube.com/@SwimParentEducation>



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Swimmer Spotlight

John David (JD) Groves, 9/Fierce/AG-Red

JD's Favorite Event:

100 IM

JD's Favorite thing about swimming with ASL:

Hanging out with my friends and getting to race

JD's Favorite Food:

Spaghetti

JD's Favorite thing to do when dry:

Wrestling with my brothers

Something interesting about JD:

I have seven siblings and I'm homeschooled.



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