

WEEKLY UPDATES

Week of Sep 11 Reminders

Practice Schedules and Deadlines

Changes to the NORMAL Practice Schedule:

- Everything looks good to go Mon-Thu.
- With the Time Trials on Friday night (5p-8p) and Saturday morning (9a-12p), we will just run the Senior/JrRed workout on Friday from 4-5pm and Saturday 7-9am, all other groups would either be competing in the Trials or will have the weekend off.
- We WILL have Senior RW/Junior Red on Sunday, 9-17

Upcoming Deadlines:

- The deadline for this weekend's Time Trial events is **WEDNESDAY** at midnight.
- Please register your athletes, following the instructions found [HERE](#).

Other Programming Notes:

- We'll be sending out the heat sheets and event info for the time trials Thursday night, please be sure to download/print those before coming in.
- We've got a lot going on this week- time trials, several athletes going to an open water event in Columbia. Please be sure to read any updates/emails that come out so we don't have any crossed wires.
- Senior/JrRed athletes are going to be asked to stick around for THEIR own house's time trial session to help out with timing/shepherding and team support.



Aiken-Augusta Swim League
PO Box 2896 Augusta, GA 30914

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Coaches Corner

Every Developing Swimmer Needs Two Adults in their Life

by **Author Unknown**

“My first full time coaching job was as the head age group coach of a large, successful program in New Jersey. We had a very strong and supportive parents group that rarely lacked parents willing to volunteer time to raise money, work at meets or become officials.

One of the most helpful parents also served as New Jersey’s head official. He was a superb meet referee and a great guy; I loved joking with him during the meets that he worked. I coached several of his kids, but the first one was emerging as one of our stronger 11-12’s while he was becoming certified.

He was a good swimmer growing up, swam for an Ivy league school himself and knew quite a lot about our sport. His daughter LOVED swimming as a 10-under. She was not great in her first few years, but she loved going to practice. Her best friends were there, and afterwards she and her dad would go for milkshakes. By the time she was twelve she had grown, her strokes had improved and she was talking to me about setting some very lofty goals.

Over the course of that season she would talk to me about swimming at practice, and then to her dad about swimming after practice. At meets he would give her additional tips in the stands after talking to me. [CONTINUED HERE](#)



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Swimmer Spotlight

Karalyn Hammett, 13, Strong, JR White

Karalyn (she will want us to remind you that it's not Karoline!!!) is starting her 5th season with ASL this year. You will never catch her on the deck without a smile on her face- and as much as she enjoys swimming, we enjoy coaching her!

Favorite Event:

- 200 Back

Favorite thing about ASL:

- The team spirit

Favorite Food:

- Fried Chicken

Favorite thing to do when dry:

- Hang out with friends

Something interesting about herself:

- She's in her fifth year of learning French. She hopes to travel to Québec one day.



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