



LOCAL RACE SQUAD

NEWSLETTER

Date

Session 3 Week 1

Augusta Practice Changes

- This Thursday (11/7) LRS will be on the **right side** of main pool due to meet
- No practice Veteran's Day (11/11)
- No practice next Friday (11/15) and Saturday (11/16) due to ASL's Home meet
- Thanksgiving week no practice Wednesday through Saturday (11/27-11/30)

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Reminders

Mike Groves and I will be offering a presentation on Early Swimmer Development Wednesday (11/13) at 6 PM at the Augusta Aquatic Center. Please sign up [HERE](#) and leave any questions you would like us to answer! I highly encourage parents to attend who weren't able to last session.

The Senior group swimmers will play games/babysit your children during the presentation! So Dolphin swimmers that get done at 6:30 PM will have a place to go when they get out of practice. Those with Marlin or Development swimmers can also hang out with our Senior Swimmers and play games!