



LOCAL RACE SQUAD

NEWSLETTER

Date

Session 3 Week 2

Augusta Practice Changes

- No practice 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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SWIM MEET

This weekend ASL is hosting the ASL Fall Senior/Junior Circuit. All LRS swimmers are welcome to come watch! There will be tons of fast swimmers! Below is a schedule for the weekend:

- Friday - 5:45 PM (50 Free Knock Outs)
- Saturday Prelims* - 9:15 AM
- Saturday Finals* - 5:15 PM
- Sunday - 9:15 AM

*Prelims - All swimmers compete

*Finals - Same races as in the morning (Prelims) but only the top swimmers in each event compete again. (example - Summer League All Stars)

EARLY SWIMMER DEVELOPMENT PRESENTATION

Mike Groves and I will be offering a presentation on Early Swimmer Development **tomorrow 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.

Our Senior group will be playing games with those who have to bring their swimmers to the pool. Or if your kid gets done with their practice during the presentation and needs a place to hang out until you are done.