



LOCAL RACE SQUAD

# NEWSLETTER

Date

**Session 4 Week 4**

## Augusta Practice Changes

- Saturday **2/1**
  - LRS meet, no practice

## Aiken Practice Changes

- Saturday **2/1**
  - LRS meet, no practice

## Deadlines

- Blizzard Blast Swim Meet registration deadline **TOMORROW!**
  - Meet is Saturday **2/1**.
    - Swimmers need to be on deck at **9 AM**
    - Meet done before **noon**.
  - Heat sheets will be sent out Friday
- At our LRS meets, we like to add an extra element of fun by dressing up! This helps take the pressure off and eases any nerves the kids may have by shifting their focus to something lighthearted and goofy. For this meet, the theme is Blizzard Blast—so we're dressing like we're headed to a ski lodge! Think cozy vests, warm layers, and fun ski caps!

Click [HERE](#) to register!