



LOCAL RACE SQUAD

NEWSLETTER

Date

Session 4 Week 5

Augusta Practice Changes

- Saturday **2/15**
 - LRS meet, no practice

Aiken Practice Changes

- Saturday **2/15**
 - LRS meet, no practice

Deadlines

- Valentine's Meet-Up Swim Meet registration deadline **2/12!**
 - Meet is Saturday **2/15**
 - Swimmers need to be on deck at **9 AM**
 - Meet done before noon.
 - We are doing our Bag Tag Awards! **Please plan to STAY until 12 so we can reward your kids for their hard work!**
 - Heat sheets will be sent out the day before.

The theme for this meet is Valentines so wear your RED and bring some Valentines to give your teammates!



CLICK HERE TO
REGISTER!