



LOCAL RACE SQUAD

NEWSLETTER

Date

Session 4 Week 6

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 **tomorrow!**
 - 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 treats to give your teammates!



[CLICK HERE TO REGISTER!](#)



Reminders

The next session begins next week! Don't miss out—click here to sign up for Spring 1 **before spots fill up!**