

## **January 29th-**

Hi All,

I hope all is well! Nice work so far in the new year out of the group! Looking forward to these last few short course meets!

**Upcoming Practice Schedule:** <https://www.longislandswimming.com/liac-main-calendar.html>

Adding a practice this week, Wednesday (1/31) in FP: 5:45 - 7:15 am

**Thursday (2/1): 7:15 - 8:30 pm; no drylands**

Friday (2/2): Regular time- 5:45-7:15 am

Sunday (2/4): Regular time- 9:15-10:45 am

The following week, we will have all regular practice times.

**Friday (2/9) - Sunday (2/11): No practices; group & staff at WAC Invite Meet**

**Monday (2/12): 6:00 - 7:00 pm; no drylands**

Attached is the Final WAC Entry. If you have any questions, feel free to reach out.