

Hi All,

On Friday 12/26, an athlete lost their warm-up jacket. The last name KING is on the arm. Please check your athletes apparel, and bring it to practice if your athlete took it by mistake.

A few reminders about practice policies:

1. If your athlete needs help changing, they are to change in the locker room, or off of the Freedom Pool deck. If athletes are changing out of their suits after practice, that is to be done ONLY IN THE LOCKER ROOMS. This is a USA SWIMMING safe sport policy.
2. Parents are ONLY permitted on the Freedom Pool deck during their athletes' water time. Any time before or after, parents can be in NCAC.
3. There is no video taping during practice. This is a USA SWIMMING safe sport policy.

All of the above policies are expected to be followed and respected.

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Our practice schedule for the rest of this week is below:

Friday: 12:00 PM Dryland ; 12:30 - 2:00 PM

Sunday: Swim 7:30 - 9:00 AM ; Dryland 9:00 - 9:30 AM

My apologies for the errors with this week's practices - I got ahead of myself last week!

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Our schedule is back to normal starting on Monday.

We will now be doing dryland on Sunday's instead of Monday's. It will be reflected on the Explore portion of the LIAC website.

Any questions, please let me know. Happy New Year!

Thank you,

Natalie