

Hi All,

Hope you are able to relax during this weather. Our practice schedule this coming week is altered, so please be sure to check out the calendar for all changes.

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

Monday: **ALTERED** - Dryland 10:00 AM ; Swim 10:30 - 12:00 PM @FP

Wednesday: **AG DUAL MEET @NCAC**

Thursday: 6:30 -8:00 PM @NCAC

Sunday: 7:30 - 9:00 AM

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AG DUAL MEETS

Below is our AG team page link, where you can find all information pertaining to our Age-Group Dual Season. Here, you will find Dual Meet #1 Session Times and the Dual Team lineups. To view which team your athlete is on, click the '2025 - 2026 Dual Meet Rosters' button at the top of the page.

LIAC AG Dual Page: <https://www.longislandswimming.com/liac-age-group-duals.html>

Tentative Session Times in Nassau County Aquatic Center-

SESSION 1 Meet Start 5:00 - 6:00 pm: JEREMY'S STREAMLINE SHARKS **VERSUS ALEX'S KRAZY KRAKENS**

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SESSION 2 Tentative Meet Start 6:15 - 7:15 pm: GREG'S DRAGONBALL SUPER SWIMMERZ **VERSUS STEPHEN'S AMAZING AXOLOTLS**

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SESSION 3 Tentative Meet Start 7:25 - 8:30 pm: PETE'S FROGS **VERSUS GABBY'S PIRATES OF SEA**

Once we have an entry timeline, coaches will follow up with you next week on official Athlete Arrival/Warm-Up/Meet Start Times. *Please let your coaches know by noon Tuesday (10/14) if you can not attend the First Dual Meet.*

Lastly, swimmers on Natalie's Turbo Turtles or Verny's Buddy's Elves & Friends - your athlete(s) will be off this coming Wednesday afternoon (10/15).

If you have any other questions, please let me know!

Thank you,
Natalie