

Good Morning All!

I hope you all enjoyed the beautiful weather we had this weekend. This week starts our **Chappy's Spirit Week!** We encourage all athletes to participate in the themed days this week.

They are as follows:

Monday 10/20: America Monday

Tuesday 10/21: Sports Jersey Tuesday

Wednesday 10/22: Lookalike Wednesday

Thursday 10/23: Superpower Thursday

Friday 10/24: Frightening Friday

I will be handing out a prize at the end of the meet this weekend to those who show the most spirit!!!!

There will be another email with detailed information for the meet this weekend, so please be on the lookout for that!

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Practice schedule for this week is below:

Monday: Swim 4:15 - 5:45 PM ; Dryland 5:45 PM

Wednesday: Dryland 6:00 PM ; Swim 6:30 - 8:00 PM

Thursday: Swim 6:30 - 8:00 PM

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Another reminder to get your athlete involved in Swim Across America! **Explore is currently in the lead of ALL LIAC GROUPS with most money raised - \$3,253.00 total! CONGRATULATIONS!!! Keep it up!!!**

I will be highlighting those athletes who have participated on our Teams Page on the Website as well!

Here is the link to get your athlete involved in an amazing cause: [Registration Page](#)

If you have any questions, please let me know!

Thanks,

Natalie