

Good Afternoon Everyone,

What a great weekend! So many great swims, lots of cheering, and (I hope) all of your athletes had as much fun as I did with them!

I have attached an improvement report to this email. If your athlete got DQed, their result will not show on the report.

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Our practice schedule for this week is below:

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

There are a few modified days in the next few weeks, so please be sure to check the calendar

Monday: Swim 4:15 - 5:45 PM ; Dryland 5:45 - 6:15 PM

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

Thursday: **OFF**

Sunday: 7:30 - 9:00 AM

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Any questions, please let me know.

Thanks,
Natalie