

Hi All,

What a great weekend! I am so proud of everyone for all their hard work this weekend. Thank you also to those who volunteered, we couldn't run a meet without you!

I have attached a copy of your athletes improvement reports to this email. If your athlete was DQed (disqualified), their results will not show up on this report.

-

**We will be starting dryland this week. The days and times are included below. Please ensure your athlete wears sneakers and bring a water bottle!**

Our practice schedule for next week is below:

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

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

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

Sunday: 7:30 - 9:00 AM @FP

-

Our next meet is the LIAC Chappy's Invite 10/25-10/26. I have attached a prelim entry for this meet here as well. The 12&U swimmers will be swimming in the morning on both days. Please let me know by **Tuesday 10/14** if your athlete can no longer attend this meet.

-

I have been able to finalize times for private lessons as well. Please use the link below to book a lesson. Let me know if you have any questions!

Private Lesson Link: <https://calendar.app.google/fB6aUXXKJ1n3xAJP8>

Thank you,  
Natalie