

Hi All,

Practice Schedule for this week is below:

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

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

Thursday: 6:30 - 8:00 PM

**Saturday - Sunday: CPAC Meet**

- **If you are not attending the meet, there is no practice on Sunday.**

Just a reminder that athletes need all parts of the Explore Group's equipment for every practice. This includes: Fins, Kickboard, Snorkel, and Pull Buoy. If you do not have these, please make sure your athlete has them.

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CPAC final entry is attached to this email. Athlete Arrival for both days will be 12:30 PM, with a 12:45 PM Warm-up start time.

We will be wearing a **Red LIAC T-shirt on Saturday** and a **Blue LIAC T-shirt on Sunday**. Only LIAC apparel is to be worn during the meet.

Facility: Chelsea Piers CT

1 Blachley Rd, Stamford, CT 06902

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Reminder that If your athlete can no longer attend either meet, or their schedule has changed for LIAC Thanksgiving Invite (Friday 11/21 - Saturday 11/22), and the NYS Holiday Classic (Friday 12/5 - Sunday 12/7), please let me know by Friday 11/14.

If you have any questions, please let me know.

Thanks,  
Natalie