

Hi All,

Another great weekend of racing for our Explore crew! Attached is the improvement report.

Practice Schedule for this week is below:

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 - Happy Thanksgiving!

Sunday: 7:30 - 9:00 AM

-

Attached are also the final entry reports for both meets next weekend; Buffalo and NYS Holiday Invite. I will send more information about the meets later this week or next.

Please let me know if you have any questions!

Thanks,

Natalie