

Hi Everyone,

It was so nice to see so many of your faces yesterday at our dual meet! Been a long two weeks away, but glad to be back with Explore at practice today.

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Our practice schedule is normal for today, and Sunday.

In the next few weeks our schedule will be altered due to the holiday break. Please be sure to look at the practice schedule on the website to be up to date on the adjustments during that time.

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

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Attached is the final entry for our NuFinmen meet. No further changes will be made to the entries.

I am still working on editing the Sachem entry, and will send that out as soon as possible.

Please let me know if you have any questions.

Thank you,
Natalie