

Hi All,

I hope you are all having a great start to your week. An early Happy Holidays for those I won't see this week/next week!

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One new item to note for our Monday practice at NCC:

Athletes MUST come onto the Nassau Community College pool deck in no shoes. That means outside shoes CANNOT be worn on the pool deck. Please adjust accordingly, and help me in reinforcing this.

Our practice schedule for this week and next week is below, but please also review the website:

Monday 12/22: 4:15 - 5:45 PM ; NO DRYLAND

Wednesday 12/24: Dryland 10:00 AM ; Swim 10:30 - 12:00 PM (NCAC)

Friday 12/26: 12:30 PM - 2:00 PM (NCAC)

Sunday 12/28: Dryland 10:30 AM ; Swim 11:00 - 12:30 PM

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Monday 12/29: 12:30 - 2:00 PM (NCAC)

Wednesday 12/31: 12:30 - 2:00 PM

Friday 1/2: Dryland 12:00 PM ; Swim 12:30 - 2:00 PM

Sunday 1/4: 7:30 - 9:00 AM ; Dryland 9:00 - 9:30 AM

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If I don't see you in the next two weeks, I hope you have a great holiday season, and enjoy time with your families!

Thank you,
Natalie