

Hi All,

I hope that you enjoyed your day off yesterday. Attached is the improvement report from Buffalo. As soon as we get the results from NYS, I will send that report out as well.

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A reminder that I will not be at practices this week, and will be at a meet in Virginia. I will be checking my emails, but if anything urgent comes up, Coach Alex or Coach Gabby will be the coaches on deck this week.

Below is our practice schedule for the week:

Wednesday: No Dryland ; Swim 6:30 - 8:00 PM in FP

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

Sunday: 7:00 - 8:15 AM in FP

Monday: OFF

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I have attached prelim entries for the NuFinmen MLK Meet (1/16-1/18). If any availability has changed for your athletes, I need to know by Friday 12/12 if they are able to attend or not. This is a firm deadline, and no changes can be made after.

I have also attached the prelim entry for the Sachem Polar Plunge Meet (1/30-2/1). We have a little more time to edit these entries, but if you know your availability has changed, please let me know.

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I am working on adding our current Silvers qualifiers, and Junior Mets qualifiers to the Explore page. Be on the lookout for that this week!

Any questions, please let me know.

Thank you,
Natalie