

Hi All,

I hope you had a great weekend! Below is our schedule for this week.

Monday: 4:15 - 5:45 PM @NCC

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

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

Friday - Sunday: NuFinmen MLK Meet

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Our online stores by HobieSwim are now open. Check out the details and link below to place orders.

**LIAC Team Store** – The team store has re-opened and will be open until Sunday 2/22. Make sure to plan ahead for current winter meets and Championship season. **Athletes are expected to be wearing only LIAC clothing at meets. That means, shirts, pants, sweatshirts, shorts, etc.** The next team store will re-open in late March.

A reminder that Explore athletes are not to purchase Tech Suits. The only suits that they are allowed to wear in competitions are the LIAC Team Suit and the Aquablades.

If you have questions about suits, please let me know before buying one.

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I will be sending out a separate email with information for the NuFinmen MLK meet later this week. Please keep an eye out for that.

Thank you,  
Natalie