

Hi All,

What a great weekend we had! That was one of the best meets that Explore has had all year! I am so proud of all of your athletes. I have attached the improvement report for your reference.

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Below is our schedule for the week:

Wednesday: 6:00 Dryland ; 6:30 - 8:00 PM Swim

Thursday: 6:30 - 8:00 PM Swim

Sunday: 7:30 - 9:00 AM Swim ; 9:00 - 9:30 AM Dryland

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I will be sending out final Sachem meet information next week. For your reference, the 10&U Athletes are in the morning sessions, and the 11-12 Athletes are in the afternoon sessions.

The final entries are in, so we cannot make any changes, however if you know that your athlete cannot make it to a day/session please let me know as soon as possible.

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I am working on updating our website to show our new Silvers and Junior Met qualifiers, so be on the lookout for that this week!

Thank you,
Natalie