

Hi Everyone,

Happy Monday! I hope you all had a great break, and are having a good first day back.

Below is our practice schedule for this week:

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

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

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

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

Always be sure to check the website as well -

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

-

I have attached our final entries for both NuFinmen (1/16-1/18) and Sachem (1/30-2/1) to this email. Both meets' entries are final, and no further changes can be made.

Information for those meets will be sent in the next few weeks.

-

Just a reminder from last week, but please review the practice policies below:

1. When we are at Nassau Community College, athletes are to take off their shoes PRIOR to entering the pool deck. Please help us reinforce this, especially if your athlete is arriving after practice has begun.
2. If your athlete needs help changing, they are to change in the locker room, or off of the Freedom Pool deck. If athletes are changing out of their suits after practice, that is to be done ONLY IN THE LOCKER ROOMS. This is a USA SWIMMING safe sport policy.
3. Parents are ONLY permitted on the Freedom Pool deck during their athletes' water time. Any time before or after, parents can be in NCAC. This includes our dryland time. Please do not sit in the FP while we conduct dryland.
4. There is no video taping during practice. This is a USA SWIMMING safe sport policy.

All of the above policies are expected to be followed and respected. I appreciate your cooperation in helping to reinforce these.

Thank you,

Natalie