

Hi All,

Hope you are able to have some time to relax this week leading into our first championship meet weekend!

I am super excited for most of our Explore athletes to compete this weekend at Silvers! Since the Block Party results counted toward qualifying, there were a few changes to some of your athletes' entries. Please let me know if you have any questions, but otherwise the entries are officially final and no changes can be made.

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**Towel pants inventory is now available !!** You can shop online in the [LIAC team store](#) or in-store at HobieSwim in Garden City. Inventory is limited – we will do our best to keep inventory up to date between online and in-store purchases.

**Only 1 week left to order LIAC items from the team store!** The [LIAC team store](#) will close on Sunday 2/22 and will not re-open until late March. Anything you need for Championship season and travel meets need to be ordered now. **Remember anything worn on the pool deck during a meet must be LIAC apparel.**

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Our practice schedule this week is below:

Wednesday: 4:30 PM Dryland ; 5:00 - 6:30 PM Swim @FP

Thursday: 5:30 - 6:30 PM Swim @NCAC

*Friday-Sunday: Silvers Champs*

**\*If your athlete is not competing this weekend, they are off until Monday\***

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**Please read below for Silvers Meet Information:**

**\*A reminder that athletes are expected to show up to the meet in LIAC Attire ONLY. If they arrive in anything other than that, they will be asked to remove it immediately. This is a championship meet. Athletes must wear team attire at all times.\***

Please make sure that you reach out if you are running late; any swimmer not present by the beginning or Warm-Up will be scratched from the session.

**Meet Location:** Hauppauge High School 500 Lincoln Blvd, Hauppauge, NY 11788

**Admission:** Each session is \$7. Programs are available at no charge via Meet Mobile.

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**Each Age Group, and Gender is in a different session. Please be sure to pay attention to when your athlete will need to be at the pool for their sessions.**

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**Friday (Red LIAC Shirt):** Athlete Arrival 4:45 PM ; Warm-Up 5:00 PM

**Events:** 101-114

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**Saturday AM (White LIAC Shirt - 10&U Boys, 11-12 Boys):** Athlete Arrival 6:45 AM ; Warm-Up 7:00 AM

**Events:** 201-219

**Saturday Mid-Day (White LIAC Shirt - 11-12 Girls):** Athlete Arrival 11:00 AM ; Warm-Up 11:15 AM

**Events:** 301-313

**Saturday PM (White LIAC Shirt - 10&U Girls):** Athlete Arrival 2:45 PM ; Warm-Up 3:00 PM

**Events:** 401-418

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**Sunday AM (Blue LIAC Shirt - 10&U Boys, 11-12 Boys):** Athlete Arrival 6:45 AM ; Warm-Up 7:00 AM

**Events:** 501-516

**Sunday Mid-Day (Blue LIAC Shirt - 11-12 Girls):** Athlete Arrival 11:00 AM ; Warm-Up 11:15 AM

**Events:** 601-611

**Sunday PM (Blue LIAC Shirt - 10&U Girls):** Athlete Arrival 2:45 PM ; Warm-Up 3:00 PM

**Events:** 701-713

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There is a lot of information in the newsletter this week. Please be sure to reach out if you have any questions about Silvers, Team store, practice schedules, etc.

Thank you,  
Natalie