

Hi All,

What a great weekend for the Explore athletes at both meets! Attached are the improvement report for Sachem to this email.

Below is our practice schedule for this week:

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

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

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

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

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

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Just a reminder, as Championship meets are coming up this month. Athletes are only to wear LIAC Apparel on deck. That means pants, shorts, shirts, sweatshirts, etc. Any other apparel on deck is not permitted. Please be sure to get whatever you may need at the team store, since it closes on 2/22.

LIAC Store: <https://liacteamstore.itemorder.com/shop/sale/>

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Upcoming Meets:

We will be having an Age Group Dual Meet on 2/11. Please let me know if your athlete cannot attend.

I will be sending out an email later today if your athlete has qualified for Silver Champs (2/20-2/22), or Junior Mets (3/13-3/15). Please let me know if your athlete has a conflict with either meet.

Thank you,
Natalie