

Hi All,

Hope you have had a chance to dig yourselves out of all of this snow!!

I want to congratulate everyone that swam this past weekend at Silvers! There were SO many best times, and lots of cheering which is amazing to see! Attached is the improvement report.

-

Below is our schedule for this week:

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

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

Sunday: **Age Group Dual Meet! - Please check the link below for your athletes team, and meet information.**

<https://www.longislandswimming.com/liac-age-group-duals.html>

I will be sending out information for Junior Mets, 8&U Champs, and Bronze within the next week or so, so please be on the lookout for that information!

Any other questions, please let me know.

Thank you,
Natalie