

Hi All,

I hope you enjoyed your weekend, and are enjoying watching the Olympics like I am!

Below is our practice schedule for this week:

Monday 2/9: 4:15 - 5:45 PM @NCC

Wednesday 2/11: Age Group Dual Meet! - If your athlete cannot attend, please let me know.

Thursday 2/12: Dryland 5:00 - 5:30 PM ; 5:30 - 6:45 PM @FP

Sunday 2/15: 7:30 - 9:00 AM Swim ; 9:00 - 9:30 AM Dryland @FP

Monday 2/16: 10:00 - 11:30 AM @FP

Next week leads into a bit of an altered schedule due to break. Please be sure to look at the website for altered practice times, and places.

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

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We have our Age Group Dual Meet on Wednesday 2/11! If your athlete cannot attend, please be sure to let me know as soon as possible.

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As of now, our Silvers entries for Explore are final. I will be sending more information as we get closer to the meet.

Any questions, please let me know.

Thank you,
Natalie