

Hi All,

Starting off by shouting out our 8&U athletes from Explore who ROCKED out this weekend at 8&U champs!

Below is our practice schedule for this week:

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

Wednesday: 6:00 PM Dryland (only if you are not attending JR Mets); 6:30 - 8:00 PM Swim

Thursday: 6:00 - 7:00 PM @NCAC

Sunday & Monday: **OFF**

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**Upcoming Meets:**

- Junior Mets athletes will be getting their information for this weekend in a separate email.
- I will also be sending out a separate email for all those who are entered in Bronze with prelim meet information and an entry report. **Please let me know by Thursday 3/12 if your athlete cannot attend.**
- Age Group Dual Meet Championships - Wednesday 4/8
  - The top 6 Dual Meet Teams will compete in this event. Those teams have not yet been announced, however if you know your athlete cannot attend, please let me know.

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Lastly, we have an open house on 3/21 at the Freedom Pool from 5:00 PM to 6:00 PM. Please help us spread the word to your families and friends by sharing the attached flyer!!

Any questions, please let me know.

Thank you,  
Natalie