

Hi All,

I hope that you had a great weekend! Your athletes are doing an amazing job at practice so far this season, and I am very excited for what the coming months will bring.

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Below is our practice schedule for this week:

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

Wednesday: 6:30 - 8:00 PM at FP

Thursday: 6:30 - 8:00 PM at Aquatic Center

Sunday: 7:30 - 9:00 AM at FP

LIAC Practice Calendar Link: <https://www.longislandswimming.com/liac-main-calendar.html>

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As we enter a new season this year, it is important that your athletes have all of their equipment, as well as all of the proper LIAC Gear for when they are at meets. **At meets, only LIAC apparel is allowed on deck.** All LIAC groups at Freedom/NCAC/NCC pools receive a team package of 3 LIAC tees and 1 LIAC print suit. If they need shorts, pants, sweatshirts, or extra t-shirts, the store has it all. Below is the link to the team store to ensure your athlete has all of the proper equipment and apparel that they may need!

The store closes on Sunday 9/21, so please make sure you order before then!

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

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If you have any other questions, please let me know!

Thank you,
Natalie