

Hi All,

Hope you are enjoying the first signs of fall the past few days!

An important email went out this morning from our Billing Department regarding team package pickup. We will have package pickup on **WEDNESDAY 10/1 from 6pm-6:30pm.** Pick up will be on your way INTO practice.

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Our practice schedule for this week is below:

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

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

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

Saturday - Sunday: First Meet!!

We will not have practice on Sunday.

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For our meet this weekend, session times will be finalized within the next day or so. 10&U Athletes will be swimming in the morning, and 11-12's will swim in the afternoon sessions. Once they are final, I will send you an email with the final entry report, arrival times, and warm-up times.

I have also included a refresher on how to read a heat sheet. I will be talking about this at practice this week, but it always helps to refresh your memory!

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

Thank you,
Natalie