

Hey all,

Hopefully you had a great Super Bowl weekend. There are a number of important items this week to be aware of!

1. This weekend is the Y-Middies Invite. Please have your athletes on deck by 2:30pm both Saturday and Sunday. We will be wearing our **white** LIAC shirts on Saturday and **blue** LIAC shirts on Sunday. The address for the facility is YWCA of White Plains, 515 North Street, White Plains NY, 10605. The final entry for the meet is attached.
2. The practice schedule this week is as follows:
Tuesday: 7-8:30pm
Wednesday: 7-8:30pm
Friday: 4:30-5:30pm
Saturday: No Practice
3. White Team is doing very well in the first week of the Junior Olympics signup, with just under 50% of you already participating. I'd like to remind all families this is a mandatory meet, per the meet agreement you all signed at the beginning of the year. Missing this meet will result in a fine! We don't want your money, we want your help! It would be awesome to see 100% participation from White Team! There is still over a month left to sign up, so please do so before the March 10th deadline! The link to sign up is here: <https://www.signupgenius.com/go/10c0e49acae2aa4ff2-jos2>
4. The flu is still going around the group! Please try and get a good amount of sleep this week and clean all your gear. If you have not already, please clean your athletes snorkel! Bacteria grow there as the year goes along. You can simply throw it in the dishwasher or rinse with warm soap and water and it will be good as new! If your athlete is in fact sick please do not bring them to practice!
5. Updates like this can now be found on the White Team page on our website! If you have any questions or need a refresher please click on the weekly update tab!

Mike