

Head Coach Report Sept. 24

Competitive = 4... starts Sept. 23

AquaGo: = 3, so far... lots on a list for SITL... starts Oct. 1

LComp = 7... starts Oct. 1

Masters = 4... starts Oct. 1

Our first NAC Oct. 6. The rest of October for Sunday practices are unavailable... 13<sup>th</sup>  
Thanksgiving... 20<sup>th</sup> swim meet... 27<sup>th</sup> swim meet.

First land training at the Rotary Hall Tuesday Oct. 1 for competitive and Thursday Oct. 3 for  
LComp. Reminder that competitive will be attending both Tuesday and Thursdays.  
Carol MacFayden