

Hi Everyone:

The last days of summer are here and the LMAC season starts on Tuesday, September 7th. I wanted to remind you of what to expect the first couple days:

Tuesday, September 7th:

* Silver Group Practice Begins: If you did not already mail registration forms and payment to Greg Warshaw please bring both with you on Tuesday evening. Registration will take place in the balcony at Maguire. Swimmers will not be permitted to practice unless registration forms are completed. Practice is from 6:00-7:00pm.

* Senior White/Senior Blue Practice Begins: If you did not already mail registration forms and payment to Greg Warshaw please bring both with you on Tuesday evening. Registration will take place in the balcony at Maguire. Swimmers will not be permitted to practice unless registration forms are completed. Practice is from 7:00-9:00pm.

* Try Outs for all swimmers 10 and younger who were not on the team last season are from 5:00-6:00pm.

Wednesday, September 8th:

* Gold Group Practice Begins: If you did not already mail registration forms and payment to Greg Warshaw please bring both with you on Wednesday evening. Swimmers will not be permitted to practice unless registration forms are completed. Practice is from 5:45-7:10pm.

* Try Outs for all swimmers 11 and older who were not on the team last season are from 5:00-5:45pm.

The fall practice schedule, which is attached and can also be found on our website, is in effect immediately. Any permanent or daily changes to that schedule will be noted in the calendar on our website and via email.

****IMPORTANT NOTE TO ALL RETURNING SWIMMERS:**

You must have registered (either by mail or by bringing forms/payment with you) by the first night you swim at practice. The coaching staff will be making final decisions regarding new swimmers from try outs on Thursday, September 9th. If you have not registered at this time we will assume you are not returning and your spot on the team may be given away. So please, even if your child is not coming to practice on the first two nights, come to Maguire and register for the season. Registration materials are attached.

A heads Up: LMAC Equipment is here!

There are two order forms attached to this email. All of this information can also be found on our website in the "Training" tab under "Equipment". This season we have available team competition suits, team caps with individual names and a boys team drag suit. There is also equipment all swimmers in silver, gold, senior white and senior blue need for practice. A flier explaining everything is also attached. There will be try on dates at practice for suits and fins during the first 4 weeks of swimming. All drag suit orders must be turned in by September 24th and all equipment/competition suit orders must be turned in by October 1st. Our provider is C & M Sporting Goods in Manoa Shopping Center and we have discounted prices on all equipment.

Please email me with any questions, I look forward to seeing everyone in a couple days. I hope everyone has a safe and happy Labor Day!

kathryn