

Dear LRRC AG & AG Prep,

I hope everyone enjoyed their Spring Break and are excited to get back training.

### **Meets & Clinics**

I would like to encourage swimmers to take advantage of the Rock The Block Fit and Faster Clinic that the Searcy team will be hosting. It will be April 14 & 15 in Searcy. [Here is a link.](#)

Coach Chad is planning to offer a [AAU 25 yard meet afterwards](#). We will have more information soon. This will be great for all our Dev swimmers. Read below about our new AAU offering.

We also have several meets coming up:

Tunica- April 7 - Registration has past

[Aquahawks Long Course Opener](#) April 21 & 22 50 meter- Registration deadline April 8  
This is an unusual format. Everything is Open- no age divisions. There are three sessions. The first and only session on Sat warm up starts at 10:30 am. So you may drive up that morning to save on hotel cost. Also the Sunday afternoon session is all just 50's. For our newer swimmers and or 10 & unders, you could just drive up for that session on Sunday. Dev 1 & 2 swimmers should check with their coach before registering for any 50 meter meet.

Spring Splash May 4-6 50 meter - Information is not out.

This is a 50 meter meet we will be hosting at UALR. This is best for our Dev 3 swimmers, however all may participate. If you are in Dev 1 or 2 please check with your coach before registering for any 50 meter meet.

### **About AAU**

We are excited to let you know we have joined AAU as the Arkansas Dolphins so that we may offer some 25 yard meets through the spring and summer season and host meets for summer league level swimmers. We highly encourage swimmers that have not made BB times in 4 or more events to swim in these meets as well as some USA meets. However it is open for all our swimmers to participate. The cost to join AAU will be \$14 and will allow membership through August. Most AAU meets cost \$35 to participate. I will be sending information on how to join our AAU group soon so that we may participate in the one Search Sharks will be offering in conjunction to the Fit and Faster Clinic.

**The Bubble**

We are planning on taking the bubble down April 5th. Though it can be chilly outside, the water is heated to about 83 and makes it very comfortable for our swimmers. Make sure you have a parka, robe or sweatshirt for them to wear before and after practice. You will also want to send them with tinted goggles. Please apply sunscreen before you arrive. This will allow time for it to soak in and keep it from getting in their eyes before practice ( which can ruin a whole practice).

**Spring Cleaning**

Time to clean you swim equipment. Please soak your fins in a cleaner and clean your goggles. If you have your own kick board and pull buoy this will be the time to clean them as well. Also don't forget your swim bag. You will be surprised with some of the "bottom of the bag" stories we hear.

See you on deck tomorrow or Tuesday!  
Coach Tay