

POWER NEWS

Important Notes:

Happy Thanksgiving to our PFL Families and Friends!!

Nov 26 – Champs taper starts for Thunder swimmers

Nov 30 to Dec 2 --- Senior Champs and Southern Senior Champs



TAPER SCHEDULE

November 26 – 29: Afternoon practice from 5 PM to 6 PM only for **Thunder 2 & Thunder 3** swimmers attending a champs meet*. Coach Greg and Coach Russell will run the taper.

Thunder 1 swimmers attending Southern Senior Champs: see Coach Sharon for instructions

**Any Thunder swimmer not attending a champs meet, see your coach for instructions regarding practice next week.*

FRIDAY, NOVEMBER 30 PRACTICE

No Thunder practice due to Champs meets

Practice for Lightning, Rain, & PowerReady from 6 PM to 7:30 PM

CHAMPS MEETS

Senior Champs – We are at Energy Core/Don Cook in Sugar Land. Expect a timing requirement; EVERYONE must step up. Swimmers in distance events must provide their own timers and counters.

Southern Senior Champs – We are at TWST

**** SEND US YOUR PHOTOS ****

Parents, please share your champs meet photos with us! We love to celebrate our swimmers!

Pictures will be used on the website and on the slide show at our Spring Banquet.

PFL is on Twitter!
 Follow us @PowerForLife3
<https://twitter.com/PowerForLife3>



MON	TUES	WED	THURS	FRI	SAT/SUN
19 FALL Schedule	20 FALL Schedule T30	21 No Practice	22 Happy Thanksgiving!!	23 No Practice	24/25
26 FALL Schedule TAPER	27 FALL Schedule TAPER	28 FALL Schedule TAPER	29 FALL Schedule TAPER	30 Modified Schedule Southern Senior Champs / Senior Champs	1/2 Southern Senior Champs / Senior Champs
3 FALL Schedule	4 FALL Schedule	5 FALL Schedule	6 FALL Schedule	7 Modified Schedule FALL CHAMPS	8/9 FALL CHAMPS
10 FALL Schedule	11 FALL Schedule	12 FALL Schedule	13 FALL Schedule	14 FALL Schedule UIL JV Districts AG Champs	15/16 AGE GROUP CHAMPS



... BABY IT'S COLD OUTSIDE ...



Now that the temperatures are truly dipping, remember that our Cold Weather Policy is in full effect. Swimmers who do not arrive at practice with shoes, coats, and hats will not be allowed in the water. Wet bodies and frigid temperatures do not mix.



Christmas Practice Schedule

Dec 26, 27, 28
 January 2, 3, 4

1 PM to 2:30 PM
 All Thunder

2:30 PM to 4 PM
 Lightning, PowerReady, Rain

Save the Date!

Winter Party/
 Breakfast
 With Santa

Dec 22
 8 AM to 10 AM

December Practice Schedule - Shark School

Shark School will practice on December 4, 6, 11, 13, 18, & 20. All Shark School swimmers are invited to our winter holiday party/Breakfast With Santa on December 22 from 8 AM to 10 AM

Winter Party Gift Exchange – Bring a gift, get a gift! \$10 maximum.