

# POWER NEWS

## **Important Dates:**

**Dec 20 – PFL holiday party DURING PRACTICE**

**Dec 23, 26, 26, 30 & Jan 2, 3 – Holiday practice**

**Jan 3 – Last day for Jan Open entries**

**Jan 6 – Regular schedule resumes**

**Jan 7 – Shark School resumes**

**Jan 18 & 19 – January Open/Frosty Invitational**

*\*This will be the last newsletter until January 8<sup>th</sup>.*

### **Reminder:**

*January training fees and Session II Payments will be due January 1<sup>st</sup>.*



## **Holiday Party – Date Change**

*It turns out this is a busy weekend for our swim families and turnout for our Saturday practice and party would be low. In order to make our holiday festivities available to the greatest number of swimmers, we have moved the party date to **Friday, December 20<sup>th</sup>** during practice.*

- *Thunder 1, 2, & 3 will have a normal workout from 4 PM to 5 PM*
- *The party starts for everyone at 5 PM or as soon as you can make it. Games, fun races for all!*
- *Everyone gets out of the water to enjoy treats at 6:30 PM*
- *Swimmer pickup at 7 PM*

*No charge – those who paid their \$5 already will get their money back or a credit as preferred.*

*There will be no gift exchange this year.*



***Shark School** will have their Reindeer Races on Thursday, Dec 19<sup>th</sup> during their regular practice times.*

**NOTE: WE MUST BE OUT OF TAYLOR HIGH SCHOOL BY 4 PM OVER THE HOLIDAY BREAK. THE DOORS WILL LOCK AND THE ALARM WILL SET. SWIMMERS WHO ARE NOT PICKED UP BY 4 PM WILL HAVE TO WAIT OUTSIDE IN THE COLD. PLEASE BE ON TIME!**

# CHAMPS MEET RESULTS

## SOUTHERN SENIOR CHAMPS December 5 – 8, 2019

Four swimmers represented PFL at this top-level senior meet featuring fast swimmers from all over the country including California, Colorado, Arizona, and Texas. It was so fast that only one of our swimmers returned for a final swim. Congratulations to our four swimmers on a job well done: **Marley Barnard, Samantha Barton, Ian Bennett, and Nick Freeman**

*Congratulations to Ian on breaking the **TEAM RECORD** in the 15 & Over 100 Breast.*

## GULF AGE GROUP CHAMPIONSHIPS December 6 – 8, 2019

Four swimmers represented PFL at this top-level meet featuring the best Age Group swimmers in the Gulf. Congratulations to our four swimmers on a job well done: **Bella Derby, Mariana Diaz Ponce, Santiago Salazar, Connor Wilson**

**Congratulations to the following swimmers for breaking TEAM RECORDS:**

Santiago Salazar	11/12 Boys	200 Fly, 200 Breast, 200 IM, 100 Free
Connor Wilson	10 & Under Boys	100 Back

*Congratulations to the following swimmers for qualifying for higher level meets:  
**Santiago Salazar, TAGS and Mariana Diaz-Ponce, Sectionals***

## GULF SENIOR CHAMPIONSHIPS December 6 – 8, 2019

Twenty-four swimmers attended this meet at the University of Houston featuring some of the top senior swimmers in the Gulf. Our swimmers performed exceptionally well. **Congratulations to the following swimmers who achieved BEST TIMES at the meet:** Gerardo Angulo, Marley Barnard, Samantha Barton, Ian Bennett, Kaylie Berkman, Javier Brenes-Quesada, Kaylee Brosch, Morgan Brosch, Nicole Carpenter, Sophie Derby, Kristian Duddridge, Nick Freeman, Evan Gibbs, Sidney Hamilton, Kevan Kennedy, Colby Mann, Stacey Munoz, Luis Patino, Gina Perez, Alex Sung, Ivan Torres, Emma Watts

*Congratulations to Colby Mann for qualifying for Sectionals at the meet.*

## GULF 12 & UNDER CHAMPS December 13 – 15, 2019

Thirty-two swimmers represented PFL at this development-level championship. Our younger swimmers performed exceptionally well. **Coach Sharon and Coach Norma were very proud of our young swimmers and would like to congratulate the following swimmers for achieving BEST TIMES at the meet:** Esther Berger, Luke Bruno, Kevin Chen, Yamid Cifuentes, Sophia Cruz, Francesca Derby, Joy Derby, Lilly Gorham, Britlynn Hill, Michelle Holden, Alex Huang, Kevin Huang, Samuel Hunniford, Sanjita Kini, Alejandro Leonardi, Ana Leonardi, Kelly Liu, Cian Maloney, Luke Meizel, Eli Nicksic, Alyssa Onthuam, Roman Perez, Grayson Ruppert, Anneliese Sood, Byron Sood, Erin Trichkovikj, Ezequiel Turcios, Mary Williams, Riley Wilson, Alexandria Xu, Grace Yetsko, Cheryl Zhou

**Congratulations to Francesca Derby on breaking her own TEAM RECORD in the 10 & under Girls' 50 Freestyle and on achieving the High Point Award for 10 & Under Girls at the meet!**

**Congratulations to the Boys for winning the Improvement Challenge at this meet, beating the Girls' average improvement by .19 seconds per swim!**

**A BIG THANK YOU TO ALL OF OUR PARENTS FOR SUPPORTING OUR SWIMMERS AT THE CHAMPIONSHIPS MEETS BY CONTRIBUTING THEIR TIME TO OFFICIATE AND TIME!**

December  /January 

MON	TUES	WED	THURS	FRI	SAT/SUN
16 Fall Schedule Jan Open meet entries open; first 50 swimmers only	17 Fall Schedule	18 Fall Schedule	19 Fall Schedule Last Shark School till January 7th + Reindeer Races	20 Fall Schedule PFL Holiday Party 5 PM to 7 PM at the pool	21/22
23 Holiday schedule 	24 No practice	25 No practice 	26 Holiday schedule	27 Holiday Schedule	28/29
30 Holiday schedule	31 No practice	1 No practice 	2 Holiday schedule	3 Holiday Schedule Jan Open meet entries due	4/5 
6 Fall Schedule	7 Fall Schedule Shark School resumes	8 Fall Schedule	9 Fall Schedule	10 Fall Schedule	11/12

## Holiday Practice Schedule

December 23, 26, 27, 30

Jan 2 & 3 AFTERNOONS

*Fall schedule resumes Jan 6*

*Shark School resumes Jan 7 at regular time*

1:00 PM to 2:30 PM Thunder  
2:30 PM to 4:00 PM Lightning  
3:00 PM to 4:00 PM Rain  
\*\*\*DOORS LOCK AT 4 PM\*\*\*

January Open / Frosty Invitational  
We will be at LSST/CyFair

We are limited to 50 entrants – registration open to the first 50 swimmers only. Remainder will go on a waiting list.

Entries are due on January 3<sup>rd</sup>.

**There are still a few slots available but please don't delay.**

## T-Shirt Design Contest

Submit your designs for our Short Course Champs t-shirts this season. Shirts will be yellow with navy/white ink, printing on front only. Motivational slogans welcome!

**Artwork must be submitted by January 8<sup>th</sup>.**

The staff will pick the winning design.

Free shirt for the winner!

Contact Mary for more information.