

POWER NEWS

Important Notes:

Feb 1 – Good luck to our Thunder swimmers at the UIL Varsity Region Champs Meet this weekend!

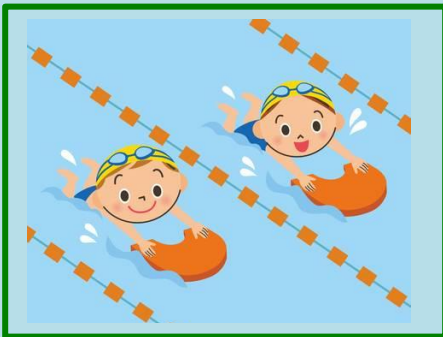
Jan 28 -- Next T30

Feb 1 – SC III entries due

Feb 18 – No Practice due to Presidents Day

Feb 22 – Modified practice schedule

**Congratulations to
Frederica Kizek,
Katy ISD Varsity
District Champion in
the 200 IM**



*Power for Life Shark School
Presents:*

Swim Up to Summer

*A new program designed for summer league swimmers
up to age 12*

Practice from 5:15 PM to 6:00 PM

Three Practices Per Week -- Tues/Wed/Thurs

\$135 per month (plus \$125 registration, includes t-shirt)

Starts February 1st. Runs through April 30th.

Get in shape for summer swim with Coach Becky and Coach Andy! This new program is designed for summer league swimmers seeking a fitness program to get them in shape for their neighborhood season.

Swimmers must try out and must be able to pass the Shark School Level 3 test. (Meaning, swimmers in the **Swim Up to Summer** program must be competent swimmers just in need of technique and/or endurance training.)


Current Shark School swimmers may move to the earlier class provided they can pass the Level 3 exam. Talk to Coach Becky.

REMIND 101 CHANGES

Good news! Due to an overwhelming public outcry, Verizon Wireless will CONTINUE free text services to Remind 101 subscribers. No need to change your settings.

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

February  / March 

MON	TUES	WED	THURS	FRI	SAT/SUN
28 FALL Schedule	29 FALL Schedule	30 FALL Schedule	31 FALL Schedule	1 FALL Schedule SCIII Meet Entries Due	2/3
4 FALL Schedule	5 FALL Schedule	6 FALL Schedule	7 FALL Schedule	8 FALL Schedule	9/10
11 FALL Schedule	12 FALL Schedule	13 FALL Schedule	14 FALL Schedule	15 FALL Schedule	16/17 SHORT COURSE I CHAMPS (Sat Only)
18  No Practice	19 FALL Schedule	20 FALL Schedule	21 FALL Schedule	22 FALL Schedule SCII CHAMPS Modified practice schedule	23/24 SCII CHAMPS
25 FALL Schedule T30	26 FALL Schedule	27 FALL Schedule	28 FALL Schedule	1 FALL Schedule SCIII CHAMPS	2/3 SCIII CHAMPS

Save the Date!

Spring Banquet and
 Senior Recognition
 Night

March 29th

6 PM to 9 PM

Willow Fork Country Club

More details to follow soon!



A Note About Practice Changes

March 31st – last day of PowerReady
 April 1st – Rain expanded to include all novice

Those who have not achieved an IMX/IMR by April 1st will move into the Rain group to continue working. Rain will be expanded to include swimmers up to age 12 who have not yet achieved an IMX/IMR score. Rain group practices will continue to be M/W/F from 6:30 PM to 7:30 PM.

Swimmers currently in the PowerReady group should make every effort to secure their IMX or IMR score such that they can move to the Lightning groups.

- All swimmers moving up from Shark School will progress to Rain until they achieve their IMX/IMR
- Lightning 2 will be ages 9 to 12 with an IMR
- Lightning 1 will be ages 10 to 12 with an IMX

PowerReady swimmers who are moved to Rain will pay the Rain training fees starting April 1st.