

# POWER NEWS

## Important Notes:

**Nov 16: TISCA meet; Thunder practice 6 PM to 7:30 PM**

Nov 17: Saturday Morning Live at Taylor; 8 AM to 10 AM

Nov 20: T30 – Sign up online

Nov 23: Age Group Champs entries due



Good Luck to our high school swimmers attending TISCA this Friday!!!!

*Remember you are the POWER behind our PRIDE!!!*

## EXPLANATION FOR CHAMPS MEETS ENTRIES:

### A Note from Coach Sharon

The Champs meets signal an end of season for our swimmers and offer the chance to win medals. Coaches want the swimmers to pick their best events because they will be more invested in their **performances**. As long as swimmers have completed their IMR or IMX requirements, we encourage the swimmers to pick those events **they** want and enjoy. Coaches emphasize **quality over quantity**. Some swimmers may swim fewer events but they will perform better because they are more invested in doing well. We hope the parents will support our efforts and not insist that their swimmer participate in events just for the sake of doing them.

During the school year it is our policy that swimmers choose only one Championship Meet. The one exception we will make is for a National Level meet if it is held in Texas. In the summer months the sky is the limit.

### SENIOR CHAMPS (All Swimmers aged 13 & Over)

- Southern Senior Champs has entry standards / Senior Champs does not.
- Swimmers must have a USA Swimming Time for the events they wish to swim (cannot enter with a NT.)
- These meets are **prelim / final**, so we enter two events per day, expecting to make the final and swimming those events again at night. Swimmers should prepare to come back at night when they make a final (\$50 fine to Gulf Swimming if they miss a final and they are out of the rest of the meet).
- There are relays, so swimmers may end up swimming 5 races in one day. Coaches will choose who gets to swim on a relay – usually based upon performance (either practice or at the meet).

### FALL CHAMPS (Most swimmers aged 12 & under -- Lightning, Power Ready and Rain)

- Swimmers may swim in an event for which they have an NT.
- Swimmers are encouraged to swim their best events if they have completed their IMR / IMX requirements.
- There are relays for this meet. Coaches will choose who gets to swim on a relay – usually based upon performance (either practice or at the meet).
- This meet is a **timed finals** meet so swimmers may participate in three events per day.

### AGE GROUP CHAMPS (Qualifiers only; 14 & under)

This meet has qualifying standards and is a prelim / finals meet.

**If you have any questions concerning your swimmer's entries, please contact:**

12 & under Coach Greg 832-622-1841


13 & Over Coach Sharon 832-454-7946

Meet results from Oct & Nov are on the website

**Coaches may be approached at the end of practice, emailed or contacted by phone. Please do not attempt to speak with a coach on deck during practice as we expect coaches' attention will be on the swimmers. We thank you for your support and co-operation.**

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MON	TUES	WED	THURS	FRI	SAT/SUN
12 FALL Schedule	13 No Practice/No Shark School due to THS meet	14 FALL Schedule	15 FALL Schedule	16 FALL Schedule TISCA Thunder practice 6 PM to 7 PM	17/18 Saturday Morning Live 8 AM to 10 AM
19 FALL Schedule	20 FALL Schedule <b>T30</b>	21 No Practice <b>CHAMPS TAPER STARTS</b>	22 Happy Thanksgiving!! 	23 No Practice	24/25
26 FALL Schedule	27 FALL Schedule	28 FALL Schedule	29 FALL Schedule Southern Senior Champs	30 FALL 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 FALL Schedule	8/9



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

*Shark School last December practice Dec 21*

Save the  
 Date!  
*Breakfast  
 With Santa*  
 Dec 22