

POWER NEWS

Important Notes:

Jan 25 – Good luck to our swimmers at the KISD Varsity District Champs Meet
 Jan 25 – SC II entries due
 Jan 28 -- Next T30
 Feb 1 – SC III entries due

Friday, Jan 25: Modified practice schedule

- Thunder will practice from 5:00 PM to 6:30 PM
- Everyone else practices at the usual time.

JANUARY OPEN MEET RESULTS – GREAT JOB, PFL!!!!

Sixty swimmers represented PFL at this first meet of 2019. Swimmers came ready to perform with the vast majority of swimmers posting best times:

Gerardo Angulo, Jillian Baird, Gavin Bane, Sebastian Barbosa, Marely Barnard, Esther Berger, Morgan Brosch, Luke Bruno, Gracie Burns, Nicole Carpenter, Matthew Crabtree, Bella Derby, Francesca Derby, Sophie Derby, Marianna Diaz, Kristian Duddridge, Taylin Elliott, Evelyn Fields, Justin Fields, Nick Freeman, Valentina Garcia-Lara, Armando Gurfinkel, Noah Gurfinkel, Britlynn Hill, Michelle Holden, Aayush Ishware, Kevan Kennedy, Frederica Kizek, Tyler Luo, Brendan Lyon, Cian Maloney, Colby Mann, Aarin Nadkarni, Napoleon Nasta, Alyssa Onthuan, Gina Perez, Alan Puecher, Kaelyn Sackash, Kellyn Sackash, Ruthav Sadali, Angelina Salazar, Santiago Salazar, Ella Schlorholtz, Anneliese Sood, Byron Sood, Natalie Sun, Nate Sun, Adrian Tankovich, Ivan Torres, Andrew Tran, David Voronov, Tuan Vu, Mary Williams, Connor Wilson, Riley Wilson

Congratulations to the following swimmers who completed their events to move up:

Aarin Nadkarni achieved an IMX Score and moves from Lightning 2 to Lightning 1
Alyssa Onthuan, Alan Puecher, Byron Sood, Natalie Sun, Nate Sun achieved IMR Scores and move from PowerReady to Lightning 2
Evelyn Fields will graduate from Rain to Lightning 2 in March having achieved her IMR

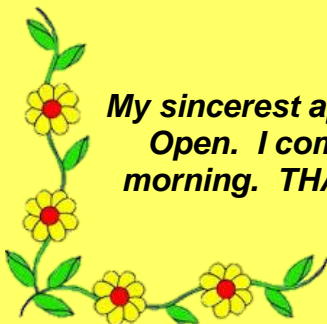
Congratulations to the following swimmers on breaking team records:

10 & Under Boys	Luke Bruno	200 IM	100 Fly	
11 & 12 Girls	Marley Barnard	200 IM	100 Breast	200 Free
11 & 12 Boys	Santiago Salazar	200 IM	200 Fly	200 Breast
15 & Over Girls	Frederica Kizek	1000 Free		

A NOTE FROM THE TEAM MANAGER

My sincerest apologies for the mix up in the timing assignments for the January Open. I completely missed that we had a third chair assigned on Saturday morning. THANK YOU SO VERY MUCH to those parents who quickly stepped up to cover the lane for PFL.

We have THE BEST parent volunteers in the Gulf and WE APPRECIATE YOU!!!



PFL is on Twitter!

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<https://twitter.com/PowerForLife3>



MON	TUES	WED	THURS	FRI	SAT/SUN
21 FALL Schedule	22 FALL Schedule	23 FALL Schedule	24 FALL Schedule	25 FALL Schedule KISD Varsity Districts SCII Meet Entries Due	26/27 KISD Varsity Districts
28 FALL Schedule T30 LGT2 practice moves to 6 PM	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)

A Note About Upcoming Practice Changes

January 21st -- Move-Ups following the January Open will be announced

January 28th – Lightning 2 practice will move to 6:00 PM to 7:15 PM

March 31st – last day of PowerReady

April 1st – Rain expanded to include all novice swimmers (without an IMX/IMR score)

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

REMIND 101 CHANGES

Beginning Monday, January 28, Verizon Wireless customers will no longer receive free text notifications from Remind 101.

Verizon customers must turn on smart phone or email notifications instead.

We suggest you either 1) download the Remind 101 app for your smart phone and allow notifications, or 2) turn on email notifications.

Be sure to enable push notifications on your phone.