

# POWER NEWS

## Important Dates:

Feb 21 – Modified practice schedule  
Feb 21/22/23 – SC II meet at Dad’s Club  
Feb 28 – Modified practice schedule  
Feb 28/29/Mar 1 – SC III  
Feb 27/28/29/ Mar 1 –Sectionals at AGS  
Mar 2 – Next T30



A robin redbreast in a cage puts  
all of heaven in a rage.

-William Blake

## SPRING BREAK PRACTICE

Tuesday, March 10<sup>th</sup> and Thursday, March 12<sup>th</sup>  
8 AM – 9 AM: LGT/Rain  
9 AM – 10 AM: Thunder  
At Taylor  
No Shark School Practice

## Short Course II Championships

Ages 9 to 14; we are at Dad’s Club,  
Emmons Natatorium;  
10404 Tiger Trail Houston, TX 77043  
  
We have not yet received timeline, warm-  
up or timing assignment information from  
the host team. Expect a timing  
requirement. A Sign-Up Genius will be sent  
out as soon as we are notified. Check  
email and the website.

## Practice Schedule Changes

**Friday, Feb 21:**  
Thunder 1 -- 4 PM to 6 PM  
Thunder 2 -- 4:30 PM to 6 PM; Rain --  
5 PM to 6 PM  
(No Lightning, No Thunder 3)  
  
**Friday, Feb 28:**  
Thunder 3 -- 6:00 PM to 7:30 PM  
Lightning & Rain as usual  
(No Thunder 1 & 2)

## Week of February 23

Thunder swimmers attending SC III will be on a taper schedule. Practice is from  
5 PM to 6 PM.

February  / March 

MON	TUES	WED	THURS	FRI	SAT/SUN
<b>17</b> <b>NO PRACTICE</b> 	<b>18</b> <b>Fall Schedule</b>	<b>19</b> <b>Fall Schedule</b>	<b>20</b> <b>Fall Schedule</b>	<b>21</b> <b>SCII Starts</b> <b>Modified practice schedule</b>	<b>22/23</b> <b>Short Course II Champs</b>
<b>24</b> <b>Fall Schedule</b>	<b>25</b> <b>Fall Schedule</b>	<b>26</b> <b>Fall Schedule</b>	<b>27</b> <b>Fall Schedule</b> <b>Sectionals Starts</b>	<b>28</b> <b>SCIII Starts</b> <b>Sectionals</b> <b>Modified practice schedule</b>	<b>29/01</b> <b>Short Course III Champs</b> <b>Sectionals</b>
<b>2</b> <b>Fall Schedule</b> <b>T30</b>	<b>3</b> <b>Fall Schedule</b>	<b>4</b> <b>Fall Schedule</b>	<b>5</b> <b>Fall Schedule</b>	<b>6</b> <b>Fall Schedule</b>	<b>7/8</b>
<b>9</b> <b>Fall Schedule</b>	<b>10</b> <b>Fall Schedule</b>	<b>11</b> <b>Fall Schedule</b>	<b>12</b> <b>Fall Schedule</b>	<b>13</b> <b>Fall Schedule</b>	<b>14/15</b>

*Save the Date!*

Our 2020 *Spring Banquet* will be on

**Friday, April 3**  
**6 PM to 9 PM**  
**At Willow Fork Country Club**




**\$25/person; max \$75 for family of four**

*Please note: Competitive team swimmers only. As this is a USA Swimming affiliated function, no alcohol may be consumed in the banquet room. Adults are welcome to purchase and consume alcohol in the bar downstairs.*

*The body achieves what the mind believes.*  
**Swim Like a Champion!**