

POWER NEWS



Welcome to Power Aquatics/Power For Life!
We have a great season ahead. Read on for important information about our team practices, policies, and procedures.

Important Dates:

August 26th – Fall season practices start at Taylor High School
August 27th – Open Try Outs at Taylor High School
September 3rd – Shark School practices begin
September 6th – Welcome Back Party at the Creekstone Pool; 5:30 PM
September 30th – All swimmers should have full equipment by this date
October 12/13 – First short course meet of the season

Check out our Parent Handbook online for full information



Fall Practice Schedule

****All practices at Taylor High School ** Monday thru Friday ** Some Saturdays****

Thunder 1 – 4:00 PM (after first T30) to 6:00 PM

Thunder 2 & Thunder 3 – 4:30 PM to 6:00 PM

Thunder 3 – 5:00 PM to 6:30 PM

Lightning 1 – 6:00 PM to 7:30 PM

Lightning 2 – 6:00 PM to 7:30 PM

Rain – M/W/F 6:30 PM to 7:30 PM

Shark School – T/Th 6:00 PM or 6:45 PM

BRING A WATER BOTTLE!

Swimmers without water will not be allowed to practice.

PARK at the 9th Grade Center

Park west of the 9th Grade Center and walk to the main gymnasium complex located at the rear of the school. The natatorium is through the glass double doors then down the first corridor to the left. If doors are locked phone or text the Team Manager at 832-303-3117 or 832-622-2561. **Do not park** on the east side of the school by the baseball field.

During football season the THS band practices in the lot that borders the soccer fields and the lot nearest the gymnasium doors will often be filled with school busses. **You risk having your car towed if it is parked in the area allocated for the band.**

TRAINING FEES

Training fees are always due by the 1st of the month. Pay via PayPal, by mail, or drop off a check in the cash box at practice. Cash should be placed in an envelope with your swimmer's name written on the front. Make checks payable to POWER.

Late fees are assessed for payments made after the 10th of the month.

We do not pro-rate training fees based on swimmer attendance at practice.

EQUIPMENT

All swimmers must have their full equipment by September 30th. Our official equipment supplier, **D&J Sports at 617 South Mason Road in Katy**, offers a team discount on all items purchased through them. Tell them you are with PFL.



- All swimmers must have a pull buoy, goggles, positive drive fins, kick board, mesh equipment bag, and water bottle
- Thunder swimmers add a snorkel with an oval, adjustable tube and Stroke Master paddles
- Practice suits, drag suits, etc. are the swimmer's choice but must meet acceptable standards of modesty and suitability for athletic training
- Hypothermia can happen at any temperature. Hats and coats must be worn when the weather is below 60 degrees – wet bodies and cold don't mix

MEETS

- Swimmers are encouraged to attend as many meets as possible
- The schedule is on our website and the Gulf Swimming website
- Meet fees are \$50 per day. \$80 per day if late
- Coaches will work with swimmers (not parents) to determine events
- Parents must sign up online to indicate which days the swimmer will attend
- We must have the online form and payment before a swimmer is entered
- Draft entries will be posted a few days before the Gulf Swimming deadline. Parents are responsible for corrections. Corrections must be given to the coach, not the team manager
- There are NO REFUNDS once payment is sent on to Gulf Swimming
- Meets are generally held in and around the Houston area. Transportation to and from the meets is the parent's responsibility. Occasionally there is travel required. We adhere to all applicable USA Swimming MAAPP Safe Swimmer regulations for team travel (see our website for our Travel Policy).

Parents MAY NOT deck enter swimmers. All entries are done through a PFL coach. No Exceptions.

MEET UNIFORMS

Competitive swimmers are REQUIRED to wear the following for meets:

- Team t-shirt (will be provided at the start of the season)
- Yellow PFL swim cap (will be provided at the start of the season)
- Official PFL swim suit (can be ordered through D&J Sports)
- PFL team backpack



ATHLETE CODE OF CONDUCT

We expect our swimmers – and their parents – to abide by our Athlete Code of Conduct as described in the Parent Handbook. Be kind, be respectful, show good sportsmanship at all times. This is true for practice and for meets.

COMMUNICATIONS

We rely on email for most communications. Our weekly Newsletter is emailed on Wednesdays and available for download from the website. You should also sign up for REMIND 101 text messages for late-breaking announcements about practice cancellations due to weather, etc. Our coaches and staff DO NOT use electronic communications with minor swimmers. **All communications must originate from a parent's device or address.**

Useful numbers:

832-303-3117 general business office
832-622-2561 team manager direct line
www.teammanager.org general email
www.poweraquatics.org website address



MEDICAL DEVICES

Rescue inhalers, EpiPens, or other such device must be kept ON DECK at all times. Devices should be placed in a sealed plastic bag and labeled with the swimmer's name. It is the swimmer's responsibility to ensure devices are in reach. Medical devices MAY NOT be left at the pool overnight.

STORM POLICY

In the event of a storm, swimmers must stay out of the pool area for 30 minutes after the last roll of thunder. Depending on timing, we may cancel or delay practice. Parents will get a text from REMIND 101 to let them know that their swimmers are ready for pick-up. We strongly encourage parents to return to the pool as soon as possible so that coaches can get on the road to get out of the storm for their safety.

If you live in the Katy area and there is a storm brewing at the beginning of practice, because of the additional 30 minute delay required for safety, then practice will likely be cancelled. Stay home. Safety of our swimmers, their families and our staff is always the primary concern and will always be the first and last consideration when deciding whether to run or cancel practice.

REMIND 101

Text your Group Code to 510-447-1105

Thunder 1:	@pflth1	Thunder 2:	@pflth2	Thunder 3:	@pflth3
Lightning 1:	@pflth1	Lightning 2:	@pflth2	Rain:	@pflrain
Shark School: @pflss1					