

POWER NEWS

Important Dates:

October 5 -- Saturday Morning Live at Taylor
 October 8 – No Practice/No Shark School due to THS home meet
 October 12/13 – **October Open** – We are in Angleton at the new 50m pool at Angleton ISD. This is a long drive so plan travel times accordingly. Expect a significant timing requirement. All info is on the meet entry page on the website.

OCTOBER TRAINING FEES ARE DUE ASAP



Saturday Morning Live

October 5th at Taylor
 8:00 AM to 10:00 AM

Thunder 3 swimmers, please bring muffins for Muffin Madness
 Parent meeting at 8:30 – Sharon will discuss nutrition strategies for healthy swimmers

Shark School

T-Shirts are in! Coach Becky and Coach Andy will be handing them out on Thursday so be sure to look for them.

As of now, we are able to offer six Shark School practices in the month of October. Unless we have to cancel practice unexpectedly due to weather, etc., we do not anticipate needing a make-up.

Cold Weather Protocol

The weather man is promising a cold front in the next few days. Please remember that when the temperature dips, swimmers **MUST** be wearing hats, shoes, and jackets to leave the pool.

Hypothermia can set in any time the body is chilled below normal body temperature for any extended time. The pool is already cold, and when outside temperatures are below 65 degrees Fahrenheit, problems can arise. Bundle Up!



T-30 Results are on the Website

Congratulations to our Thunder 1 swimmers:

Ian Bennett	112 laps
Nick Freeman	108 laps
Matthew Crabtree	106 laps
Gerardo Angulo	104 laps
Ivan Torres	104 laps
Kristian Duddridge	103 laps
Kevin Kennedy	102 laps
Colby Mann	102 laps
Alex Sung	101 laps
Kaylee Berkman	96 laps




Many thanks to all the parents, friends, and other helpers who counted for our swimmers.


September  /October 

MON	TUES	WED	THURS	FRI	SAT/SUN
30 FALL Schedule T30	1 No Practice – THS Swim Meet No Shark School	2 FALL Schedule	3 FALL Schedule	4 FALL Schedule	5/6 SATURDAY MORNING LIVE at Taylor
7 FALL Schedule	8 No Practice – THS Swim Meet No Shark School	9 FALL Schedule	10 FALL Schedule	11 FALL Schedule	12/13 OCTOBER OPEN MEET
14 FALL Schedule	15 FALL Schedule	16 FALL Schedule	17 FALL Schedule	18 FALL Schedule	19/20
21 FALL Schedule	22 FALL Schedule	23 FALL Schedule	24 FALL Schedule	25 FALL Schedule	26/27 Halloween Practice & Costume Parade


Save the Date!
Halloween Wheel of
Torture Practice and
Costume Parade
Saturday, October
26th
Shark School
Welcome



Holiday Practice Schedule



Thanksgiving – November 25 & 26, usual
practice time (including Shark School)



Christmas – December 23, 26, 27, 30, Jan 2 & 3
from 1:30 PM to 4:30 PM (no Shark School)