

# POWER NEWS

## Important Dates:

Feb 14 – Sectionals entries due  
 Feb 15 – SC I meet at LSST  
 Feb 17 – No practice; Presidents’ Day  
 Feb 21/22/23 – SC II meet at Dad’s Club  
 Feb 28/29/Mar 1 – SC III  
 Feb 27/28/29/ Mar 1 –Sectionals at AGS



Happy Groundhog Day! Spring is on the way!

## Gulf LSC Top Times 2019

Congratulations to the following PFL swimmers who achieved Top Times in the Gulf LSC during last summer’s Long Course Season:

**Marley Barnard** – 1<sup>st</sup> place 100 Breast; 2<sup>nd</sup> place 200 Breast; 3<sup>rd</sup> place 50 Breast

**Frederica Kizek** – 2<sup>nd</sup> place 1500 free; 3<sup>rd</sup> place 800 free; 4<sup>th</sup> place 400 free; 6<sup>th</sup> place 200 IM; 9<sup>th</sup> place 400 IM

**Grayson Ruppert** – 8<sup>th</sup> place 50 fly



## February Championships

Short Course I – 8 & Under; Feb 15; we are at **LSST**



Short Course II – Ages 9 to 14; Feb 21-23; we are at **Dad’s Club**

Short Course III – Ages 13 & Up; Feb 28 to Mar 2; **entry corrections due Feb 6 at 6:30 PM**

Speedo Sectionals – Qualifying Times required; Feb 27 to Mar 1 at AGS

## COLD WEATHER POLICY

*It’s that time of year again when temperatures are dipping. Swimmers MUST wear appropriate outer wear before exiting the building. Hats, coats, sweats and gloves are needed to keep hypothermia at bay. Swimmers are already cold when they leave the water. Wet hair, chilled bodies, and cold temperatures can be a dangerous mix.*

MON	TUES	WED	THURS	FRI	SAT/SUN
3 Fall Schedule	4 Fall Schedule Swim Up to Summer Starts	5 Fall Schedule	6 Fall Schedule SCIII entry corrections due 6:30 PM	7 Fall Schedule	8/9
10 Fall Schedule	11 Fall Schedule	12 Fall Schedule	13 Fall Schedule	14 Fall Schedule <i>Be my valentine</i> 	15/16 Short Course I Champs
17 NO PRACTICE 	18 Fall Schedule	19 Fall Schedule	20 Fall Schedule	21 Fall Schedule SCII Starts	22/23 Short Course II Champs
24 Fall Schedule	25 Fall Schedule	26 Fall Schedule	27 Fall Schedule Sectionals Starts	28 Fall Schedule SCIII Starts Sectionals	29/01 Short Course III Champs Sectionals

## 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: 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.*



### SWIM UP TO SUMMER

Get ready to shine at Summer League! Now registering! February through April  
Tuesdays & Thursdays from 6:30 PM to 7:30 PM  
\$125 registration fee (new swimmers only) + \$130 per month training fees

### 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