

POWER NEWS

Important Dates:

Nov 9/10 – Open Meet

Nov 12 – No practice/No Shark School due to THS home meet

Nov 14 – No practice/No Shark School due to THS home meet

Nov 16 – Saturday Morning Live 8 AM to 10 AM at Taylor

Nov 18 – December Champs Meet Entries Due

Nov 19 – No practice/No Shark School due to THS home meet

Nov 25/26 – Holiday practice



November Open – Nov 9 & 10 at Tompkins High School

We have a timing requirement at this meet – see the Sign Up Genius link on the website. Swimmers in the distance events (500 free, 1000 free) must circle in no later than 45 minutes before the start of the session or they will not swim. Do not miss the warm up!

Due to new USA Swimming MAAPP safe athlete requirements, adults may no longer use the same bathrooms as athletes. Porta-potties will be set up outside the natatorium for use by parents/adults. This rule will be strictly enforced by the host team.

What is MAAPP?

Starting last June, USA Swimming member clubs are required to implement the USA Swimming Minor Athlete Abuse Prevention Policy. The policy covers adult/minor interactions in five categories: one-on-one interactions, travel, social/electronic media communications, locker rooms/changing areas, and massage/athletic training facilities.

PFL coaches and staff must undergo athlete protection training and keep associated certifications current. You can read PFL's MAAPP policy on our website. More from USA Swimming can be found here:

<https://www.usaswimming.org/utility/landing-pages/minor-athlete-abuse-prevention-policy>

MON	TUES	WED	THURS	FRI	SAT/SUN
4 FALL Schedule	5 FALL Schedule	6 FALL Schedule	7 FALL Schedule	8 FALL Schedule	9/10 November Open at Tompkins
11 FALL Schedule	12 No Practice/No Shark School Due to THS Home Meet	13 FALL Schedule 	14 No Practice/No Shark School Due to THS Home Meet	15 FALL Schedule	16/17 Saturday Morning Live 8 AM to 10 AM at Taylor
18 FALL Schedule DECEMBER CHAMPS MEET ENTRIES DUE	19 No Practice/No Shark School Due to THS Home Meet	20 FALL Schedule	21 FALL Schedule	22 FALL Schedule No Thunder practice due to TISCA; Cool down at 6 PM	23/24
25 Holiday Practice 	26 Holiday Practice Shark School Practice	27 No Practice	28 No Practice 	29 No Practice	30/01

Holiday Practice Schedule

Thanksgiving

November 25 & 26 AFTERNOONS

1:00 PM to 2:30 PM Thunder

2:30 PM to 4:00 PM Lightning

3:00 PM to 4:00 PM Rain

3:15 PM to 4:00 PM Shark School (Tuesday only)

Christmas

December 23, 26, 27, 30, Jan 2 & 3 AFTERNOONS
(No Shark School)

