

POWER NEWS

Important Notes:

- Nov1: No practice/No Shark School due to Taylor HS varsity meet
- Nov 2: Gulf Senior champs meet entries due (13 & Up, no qualifying times)
- Nov 3,4: Senior Meet at PEAK; We have a timing commitment
- Nov 9: Fall champs entries due (12 & Under, no qualifying times)
Senior Champs (13& Up, no qualifying times)
Southern Senior champs (at TWST) entries due (see website for qualifying times)
- Nov 23: Age Group Champs entries due (see website for qualifying times)

Happy Halloween!

Congratulations to our Costume Contest Winners!

Marley Barnard, Stacy Munoz, Mariana Diaz, Sam Bradshaw, Asher Lin, and Joy Derby!!!



NOVEMBER OPEN MEET AT LUFKIN (14 & Under)



**** 3 hour delayed start on Saturday to accommodate families driving in from the Houston area. Warm-Up at 11 AM. Order of Events will be otherwise unchanged. There will be both a morning and afternoon session on both Saturday and Sunday.****

We will be staying at the Hampton Inn in Lufkin (4400 S. First Street; Phone 936-699-2500). They currently have sufficient rooms available to accommodate our team, but don't delay if you want a room. Be sure to mention that you are with the November Open swim meet to receive team rates.

There will be a group dinner on Saturday night organized by Ambush.

PFL is on Twitter!
 Follow us @PowerForLife3
<https://twitter.com/PowerForLife3>



MON	TUES	WED	THURS	FRI	SAT/SUN
29 FALL Schedule	30 FALL Schedule Shark School Halloween Practice & pumpkin races	31 HALLOWEEN All practices end at 6 PM 	1 FALL Schedule No Practice/No Shark School due to THS Meet	2 FALL Schedule	3/4 SENIOR MEET AT PEAK
5 FALL Schedule	6 FALL Schedule	7 FALL Schedule	8 FALL Schedule	9 FALL Schedule Champs Entries due: Fall; Senior; Southern Senior	10/11 NOVEMBER OPEN AT LUFKIN
12 FALL Schedule	13 FALL Schedule	14 FALL Schedule	15 FALL Schedule	16 FALL Schedule	17/18
19 FALL Schedule	20 FALL Schedule	21 No Practice	22 Happy Thanksgiving!! 	23 No Practice	24/25

November Senior Meet at PEAK

4141 Bailey Road
 Pearland, Texas 77584

We have a timing requirement – see website for SignUp Genius link
 Warm-Up is at 7:30 AM. Be there early!

Many thanks to those parents who joined us for our first Parent Social (Halloween Happy Hour). We really enjoyed spending some time getting to know you better, answering your questions, and just generally relaxing together. We plan to do it again next spring.

Remember, we are here to answer your questions. If you are unsure about anything, ASK! Sometimes we forget how confusing USA Swimming can be, especially to newcomers.