

POWER NEWS

Important Notes:

NO PRACTICE ON THESE DATES:

Friday, August 31

Monday, September 4th

Friday, September 7th

Thursday, September 20th and 27th due to High School Meets.

Thunder Practice on Friday, September 28th starts at 4 pm with warm-up for T30. Make-up for T30 will be on Monday, Oct 1st



Welcome to PFL! Dive right in and get ready to SWIM!

Training Fees

Due September 1st

If you plan to pay by check, please submit your check, made out to POWER by Thursday this week (you can date it September 1st if you wish). Checks submitted next week will be late. Many thanks to all of you who have already submitted your payments – your early attention to your obligation is much appreciated.



**Crocker Clinic
Swim With an Olympian
Saturday, Sept 8**

**8 AM to 11 AM
Meet & Greet /
Autographs immediately
following**

**\$30 per swimmer
RSVP deadline Sept 6
Look for a SignUp
Genius email next week**

SIGN UP FOR REMIND 101

Text your Group Code to 510-447-1105

- Thunder 1: @pflth1
- PowerFit/Thunder 2: @pflth2
- Thunder 3: @pflth3
- Lightning 1: @pflllt1
- Lightning 2 : @pfllltghtn2
- PowerReady: @pflpr1
- Rain Code : @pflrain
- Shark School: @pflss1

SEASON KICKOFF PARTY!

**Friday, September 7th
5:30 PM to 8:00 PM at
Creekstone**

\$5 PER PERSON, Siblings & Parents Welcome

(Due to insurance constraints only PFL and Shark School registered members may swim)

Swim 5:30 – 6:15 PM

Parent Meeting 5:30 – 6:15 PM



Food Served 6:15 – 6:45 pm (siblings and parents welcome) Sandwiches, Chips, Cookie and Drink

Awards from summer 6:45 – 7:45 PM

Clean-up 7:45 – 8 PM (Volunteers needed).

Competitive Swimmers – Please have full equipment by Sept 30th.



MON	TUES	WED	THURS	FRI	SAT/SUN
27 FALL Schedule FIRST DAY OF PRACTICE! WELCOME!!!	28 FALL Schedule	29 FALL Schedule	30 FALL Schedule	31 NO PRACTICE – Holiday Weekend 	1/2 TRAINING FEES DUE
3 NO PRACTICE 	4 FALL Schedule FIRST DAY OF SHARK SCHOOL! OPEN TRYOUTS	5 FALL Schedule	6 FALL Schedule	7 NO PRACTICE – WELCOME BACK PARTY	8/9 CROCKER CLINIC 8 AM to 11 AM at Creekstone
10 FALL Schedule	11 FALL Schedule	12 FALL Schedule	13 FALL Schedule	14 FALL Schedule	15/16
17 FALL Schedule	18 FALL Schedule	19 FALL Schedule	20 NO PRACTICE – TAYLOR AQUATICS MEET	21 FALL Schedule SPIRIT WEAR ORDERS DUE	22/23

Meet Schedule

Our First Meet is on October 13/14
October Open Meet / IMX Meet October 13/14
(Location TBA)

Sign up on-line via the Meet Entry page accessible through the Members Portal. Entries open September 4th. Sign-up & Payment due September 14th.

Pay by check or PayPal

\$50 per day if paid by 11:59 PM on September 14th \ \$80 per day after that deadline

Please note – all payments are non-refundable (per Gulf Swimming Rules)

