

# POWER NEWS

## *Important Notes:*

No practice Jan 10 due to THS varsity meet

Final meet entries for January Open are on the website

Next T30 on Monday, January 28

Short Course Champs coming in February!



*Today in History: 1793  
The first successful hot air  
balloon flight in the USA*

## SC Champs Meet Entries due:

SC I (8 & Under) January 18

SC II (9 to 14) January 25

SC III (13 & up) Feb 8

*13/14 year olds with 3 or more A times will swim at SC III; if in doubt, see your coach  
Entry pages will go live on the website later this week*

## JANUARY OPEN MEET INFO

**We will compete at LSST/CFISD Natatorium on January 19 & 20.**

*Meet entries are posted online. Changes or additions at this point will incur a late entry fee (\$80 per day)*

*We have a large number of swimmers attending this meet. Expect a timing requirement. ANYONE with a swimmer entered into the meet must take a turn timing.*

**No practice Thursday, January 10<sup>th</sup> due to a THS varsity swim meet. Taylor will host Katy at home for the annual Senior Recognition Meet. Good luck to our own Katy High senior Vito Kiselev as he swims the traditional 500 fly!**



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MON	TUES	WED	THURS	FRI	SAT/SUN
7 FALL Schedule	8 FALL Schedule Shark School starts again	9 FALL Schedule	10 No Practice THS Varsity Senior Meet	11 FALL Schedule	12/13
14 FALL Schedule	15 FALL Schedule	16 FALL Schedule	17 FALL Schedule	18 FALL Schedule SCI Meet Entries Due	19/20 JANUARY OPEN AT LSST
21 FALL Schedule	22 FALL Schedule	23 FALL Schedule	24 FALL Schedule	25 FALL Schedule KISD Varsity Districts SCII Meet Entries Due	26/27 KISD Varsity Districts
28 FALL Schedule T30	29 FALL Schedule	30 FALL Schedule	31 FALL Schedule	1 FALL Schedule SCIII Meet Entries Due	2/3

### A Note About Upcoming Practice Changes

January 21<sup>st</sup> -- Move-Ups following the January Open will be announced

January 28<sup>th</sup> – Lightning 2 practice will move to 6:00 PM to 7:15 PM

March 31<sup>st</sup> – last day of PowerReady

April 1<sup>st</sup> – Rain expanded to include all novice swimmers (without an IMX/IMR score)

Those who have not achieved an IMX/IMR by April 1<sup>st</sup> will move into the Rain group to continue working. Rain will be expanded to include swimmers up to age 12 who have not yet achieved an IMX/IMR score. Rain group practices will continue to be M/W/F from 6:30 PM to 7:30 PM.

Swimmers currently in the PowerReady group should make every effort to secure their IMX or IMR score such that they can move to the Lightning groups.

- All swimmers moving up from Shark School will progress to Rain until they achieve their IMX/IMR
- Lightning 2 will be ages 9 to 12 with an IMR
- Lightning 1 will be ages 10 to 12 with an IMX