

POWER NEWS

Important Dates:

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
Dec 6 – modified practice schedule due to champs meet

Did you spread kindness today?



December Champs Meets – Entries due NOV 18

Southern Senior – requires QTs; we will attend on Friday Dec 6 only
13 & Up – we will swim only the 400 IM and 500 Fr on Friday
12 & Under – we will not attend on Friday the 13th
Age Group – we will not attend on Friday the 6th
Modified practice on Friday, Dec 6th: no Thunder practice, coaches will be at meets. Practice for 12 & Under at usual time.

January Open

We will be at LSST/CyFair

We are limited to 50 entrants – registration open to the first 50 swimmers only.

The meet entry page will open on December 16th. Entries will be due on January 3rd.


Saturday Morning Live

**November 16th at Taylor
8 AM to 10 AM**

Lightning 1 – MUFFIN MADNESS!! Please bring 6 muffins to share

Sharon will discuss USA Swimming Athlete Protection Policies

November / December

MON	TUES	WED	THURS	FRI	SAT/SUN
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
2 Fall Schedule	3 Fall Schedule	4 Fall Schedule	5 Fall Schedule	6 No Thunder Practice Southern Senior	7/8 Gulf Senior Age Group Champs

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)

