

# POWER NEWS

## Important Notes:

**Session II training fees are due January 2<sup>nd</sup>**

January Open Meet – DATE CHANGE to January 19/20;  
we will be at LSST

Holiday party this Saturday 9 AM to 10 AM at Taylor;  
please RSVP by Thursday

No Shark School over the break



## UPDATED JANUARY OPEN MEET INFO

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

**Meet entries are due January 4<sup>th</sup>.**

*If you have already signed up for the original date there is no need to resubmit your entries. HOWEVER, if you cannot make the new date please email Mary. We will credit or refund your fees. Updated information including the meet announcement is on the website.*

## Gulf Age Group Champs

Congratulations to **Marley Barnard** who represented PFL at this top level age group championship meet held at Texas A&M this past weekend. Marley posted best times on all four of her events, making finals in both breaststroke events and breaking her own 11/12 Girls team records in all four of her events: 100 breast, 200 breast, 100 fly, and 200 IM.

Coach Greg was especially pleased that she was able to make some small changes from her record-setting morning performances to go faster again at night!

## Winter Party – Please RSVP so we can order food!

**Dec 22 from 9 AM to 10 AM in the MAIN COMMONS.** (Everybody but Shark School will practice from 8 AM to 9 AM.) Cost is \$6 per person (siblings welcome). RSVP by Dec 20; SignUp Genius is now live on the website.

Gift Exchange – Bring a gift, get a gift! \$10 Maximum (siblings welcome to participate in the gift exchange as long as they bring a gift to share)

We will have Chick Fil A, breakfast tacos, and donuts. Please email Mary if you require a vegetarian option.

## MOVING UP!

**Congratulations to Jillian Baird who achieved her IMX score at Fall Champs and will move to Lightning 1.**

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



| MON                    | TUES  | WED                       | THURS  | FRI   | SAT/SUN   |
|------------------------|---|---------------------------|--|---|---|
| 17<br>FALL<br>Schedule | 18<br>FALL<br>Schedule  | 19<br>FALL<br>Schedule    | 20<br>FALL<br>Schedule<br><b>JANUARY OPEN<br/>MEET ENTRIES<br/>DUE</b> | 21<br>FALL<br>Schedule                                  | 22/23<br>Saturday<br>Practice 8 AM<br>to 9 AM<br>WINTER<br>PARTY 9 AM to<br>10 AM |
| 24                     | 25<br> | 26<br>Holiday<br>Schedule | 27<br>Holiday<br>Schedule  | 28<br>Holiday<br>Schedule<br><b>T30</b>                 | 29/30   |
| 31<br>No Practice      | 1<br>  | 2<br>Holiday<br>Schedule  | 3<br>Holiday<br>Schedule   | 4<br>Holiday<br>Schedule<br><b>MEET ENTRIES<br/>DUE</b> | 5/6   |
| 7<br>FALL<br>Schedule  | 8<br>FALL<br>Schedule<br>Shark School<br>starts again                                   | 9<br>FALL<br>Schedule     | 10<br>No Practice due<br>to THS Meet                                   | 11<br>FALL<br>Schedule                                  | 12/13   |

*December Practice Schedule - Shark School*  
 Shark School will practice on December 4, 6, 11, 13, 18, & 20  
 No practice over the holiday break.



### Christmas Practice Schedule

Dec 26, 27, 28  
 January 2, 3, 4

1 PM to 2:30 PM  
 All Thunder

2:30 PM to 4 PM  
 Lightning, PowerReady, Rain

**NEXT T30 is Dec 28<sup>th</sup>**

**The SignUp Genius link is on the website. As before, swimmers will schedule slots according to the number of laps they can complete.**