

POWER NEWS

Important Notes:

Session II training fees are due January 2nd

January Open Meet entries due December 20th at 9 PM

FALL CHAMPS MEET RESULTS

36 Swimmers represented PFL at Fall Champs. The coaches were very excited about our swimmers' performances with some team records and a lot of best times recorded.

Congratulations to the following swimmers for achieving Best Times at the meet: Jillian Baird, Gavin Bane, Samuel Bradshaw, Zachary Bradshaw, Javier Brenes-Quesada, Luke Bruno, Nicole Carpenter, Cathryn Deffett, Danielle Deffett, Bella Derby, Francesca Derby, Chinmayi Dharap, Saumya Dharap, Finley Ehman, Evelyn Fields, Justin Fields, Brooke Freeman, Lillian Gorham, Aarav Gupta, Aayush Ishware, Vyshnavi Kolli, Asher Lin, David Liu, Cian Maloney, Alyssa Onthuam, Luis Patino, Roman Perez, Grayson Ruppert, Angelina Salaza, Santiago Salazar, Ella Schlorholtz, Nate Sun, Natalie Sun, Tuan Vu, Mary Williams

The following swimmers achieved Age Group qualifying cuts at the meet:

Luke Bruno	50 Fly, 50 Back, 50 breast, 50 Free, 100 IM
Grayson Ruppert	50, 200 Free
Santiago Salazar	50, 200 Free; 100, 200 Fly; 100 Breast

Full meet results are on the website under Meet Results

The following swimmers broke team records at the meet:

Luke Bruno	10 & Under Boys	50 Back; 50 Fly
Santiago Salazar	11 & 12 Boys	100, 200 Fly

Thank you to all of our parents who stepped up to time at the meet. It was a long one, but in the end, our swimmers are definitely worth the investment!

MOVING UP!

Congratulations to the following swimmers who achieved IMX or IMR scores and will move to the next level:

Javier Brenes Quesada	Lightning 1	Practice begins at 6 pm	Report to Coach Greg
Chinmayi Dharap	Lightning 2	Practice begins at 6:15 pm	Report to Coach Abril
Saumya Dharap	Lightning 2	Practice begins at 6:15 pm	Report to Coach Abril



The following swimmers will age up to Thunder 3 in January: Gavin Bane, Nicole Carpenter, Chinmayi Dharap, Valentina Garcia-Lara, Brendan Lyon, Edward Truong

These swimmers should be swimming with Thunder 3 once per week until the winter break. You may choose to swim with Thunder 3 full-time beginning Dec 26th. Everyone will be full-time in Thunder 3 as of the regular practice schedule in January. Practice is at 5 PM to 6:30 PM.

Swimmers on session or monthly payments should expect an increase in training fees.

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MON	TUES	WED	THURS	FRI	SAT/SUN
10 FALL Schedule	11 FALL Schedule	12 FALL Schedule	13 FALL Schedule	14 FALL Schedule UIL JV Districts AG Champs	15/16 AGE GROUP CHAMPS
17 FALL Schedule	18 FALL Schedule	19 FALL Schedule	20 FALL Schedule JANUARY OPEN MEET ENTRIES DUE	21 FALL Schedule	22/23 Saturday Practice 8 AM to 9 AM WINTER PARTY 9 AM to 10 AM
24	25 	26 Holiday Schedule	27 Holiday Schedule Corrections to meet entries due by 6 PM	28 Holiday Schedule T30	29/30
31 No Practice	1 	2 Holiday Schedule	3 Holiday Schedule	4 Holiday Schedule	5/6

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

Save the Date! Winter Party
 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)



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:
 Dec 28th**
*SignUp Genius
 next week*