

# POWER NEWS

## *Important Notes:*

Dec 7: Practice for Thunder swimmers only; Thunder 3 from 4:30 PM to 6:00 PM – get there as early as you can. No practice for 12 & Unders, coaches will be at the meet

## FALL CHAMPS MEET

We are at DON COOK in Sugar Land

Sign up to time on the website

Friday night – be there by 5 PM to CIRCLE IN for distance events

Saturday/Sunday – be there in time for the first warmup

Swimmers in the Friday distance event must provide their own timers and counters.

*Updated team records are on the website under Meet Results*

## MEET RESULTS

### *November Open Meet at Lufkin*

Fourteen swimmers represented PFL at this out-of-town Open Meet in Lufkin in mid-November.

***Congratulations to the following swimmers for achieving Best Times at the meet:*** Luke Bruno, Gracie Burns, Cathryn Deffett, Danielle Deffett, Finley Ehman, Brooke Freeman, Nicholas Freeman, Michelle Holden, Jimmy Mapp, Grayson Ruppert, Ella Schlorholtz, Madison Schoreder, Anneliese Sood, Byron Sood

***Congratulations to the following swimmers for achieving the standards to move up groups:***

Luke Bruno, Anneliese Sood                      Lightning 1

Brooke Freeman, Michelle Holden      Lightning 2

***Congratulations to Grayson Ruppert for breaking the 10 & Under boys 500 Fs Team Record!***

### *Senior Champs at ECS*

Twenty-one swimmers represented PFL at this 13 & Over Championship Meet held last weekend.

***Congratulations to the following swimmers for achieving Best Times at the meet:*** Gerardo Angulo, Gracie Burns, Matthew Crabtree, Sophie Derby, Marianna Diaz, Kristian Duddridge, Nicholas Freeman, Evan Gibbs, Alexis Gorham, Armando Gurfinkel, Noah Gurfinkel, Kevan Kennedy, Colby Mann, Stacey Munoz, Napoleon Nasta, Sebastian Ramirez, Alex Sung, Ivan Torres, David Voronov, Gabriel Williams

***Congratulations to the following swimmers who achieved Gulf Age Group Qualifying Times:***

Nicholas Freeman      1000 Fs

David Voronov              200 Fly

***Congratulations to the following swimmers who made finals at the meet:*** Gerardo Angulo, Matthew Crabtree, Marianna Diaz, Kristian Duddridge, Nicholas Freeman, Evan Gibbs, Kevan Kennedy, Colby Mann, Napoleon Nasta, Alex Sung, Ivan Torres, David Voronov

### *Southern Senior Championships at TWST*

Three swimmers represented PFL at this senior level championship meet held at The Woodlands last weekend. ***Congratulations to: Martina Caridad, Clint Foreman, Vito Kiselev for achieving best times at the meet!***

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



MON	TUES	WED	THURS	FRI	SAT/SUN
3 FALL Schedule	4 FALL Schedule	5 FALL Schedule	6 FALL Schedule	7 No practice for 12 & Under FALL CHAMPS	8/9 FALL CHAMPS
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 FALL Schedule	25 FALL Schedule	26 FALL Schedule	27 FALL Schedule	28 FALL Schedule	29/30

### Save the Date! Winter Party/Breakfast With Santa

Dec 22 from 9 AM to 10 AM. (Everybody but Shark School will practice from 8 AM to 9 AM.)  
 Cost is \$6 per person (siblings welcome). RSVP by Dec 20; look for a SignUp Genius next week.

Gift Exchange – Bring a gift, get a gift! \$10 Maximum

We will need some parent volunteers to help set up tables & decorate.



### 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**

### December Practice Schedule - Shark School

Shark School will practice on December 4, 6, 11, 13, 18, & 20. All Shark School swimmers are invited to our winter holiday party/Breakfast With Santa on December 22 from 8 AM to 10 AM