

Welcome to the 2018-19 Power For Life Swim Season! We can't wait to get back in the water!

1. **Practice starts Monday, August 27th**. Swimmers should be in the water at the designated start time. Sign up for Remind 101 text announcements (see No. 11, below) for updates about practice delays or cancellations due to weather.
 - a. Thunder 1 & 2 swimmers -- 4:30 PM to 6:00 PM
 - b. Thunder 3 swimmers (ages 13/14) -- 5:00 PM to 6:30 PM
 - c. Lightning 1 – 6:00 PM to 7:30 PM
 - d. Lightning 2 – 6:15 PM to 7:30 PM
 - e. PowerReady – 6:15 PM to 7:30 PM
 - f. Rain – 6:30 PM to 7:30 PM (M/W/F)
2. **Thunder swimmers – don't forget your individual goal-setting meetings starting August 21st**. For anyone who missed the group meeting, please attend the makeup session on August 20th at 5:00 PM at Creekstone.
3. **Parking is in the lot to the WEST of the 9th Grade Center**. Please note that during football season the THS band practices in the lot that borders the soccer fields and the lot nearest the gymnasium doors will often be filled with school busses. *You risk having your car towed if it is parked in the area allocated for the band.*
4. **Enter the school through the main gymnasium entrance**. Use the glass double doors furthest from the parking lot. The pool is down the corridor to the left.
5. **Parents may not sit in the stands inside the pool area or in the wooden crow's nest designated for THS coaches**. You may stand at the main pool door or sit outside in the hall. All adults on deck must pass a USA Swimming background check.
6. **All swimmers must have their full equipment by September 30th**. Our official equipment supplier, **D&J Sports** at 617 South Mason Road in Katy, offers a team discount on all items purchased through them. Tell them you are with PFL.
 - a. All swimmers must have a pull buoy, goggles, positive drive fins, kick board, mesh equipment bag, and water bottle
 - b. Thunder swimmers add a snorkel with an oval, adjustable tube and Stroke Master paddles
 - c. Practice suits, drag suits, etc. are the swimmer's choice but must meet acceptable standards of modesty and suitability for athletic training
7. **Competitive swimmers must have the following equipment for meets:**
 - a. Current year t-shirt (will be provided at the start of the season)
 - b. Yellow PFL swim cap (will be provided at the start of the season)
 - c. Official PFL swim suit (can be ordered through D&J Sports)
 - d. PFL team backpack
8. **Training fees are due by September 1st**. You can pay online via PayPal (link at the website) or drop a check off at practice starting on the 27th. Look for a cash box on the table near the door.
9. If your swimmer has **transferred from another USA Swimming affiliated team, you will need to provide a Transfer Form** at your earliest convenience. We will provide the forms shortly and notify USA Swimming of the change in status. Transfers will attend Gulf meets with PFL but swim as "unattached" for 120 days. This does not impact your swimmer's ability to achieve sanctioned times and/or IMX/IMR scores.
10. A copy of the **2018-19 Parent Handbook** is attached for your convenience. Please also look for our weekly **Newsletter** every Wednesday evening for detailed information pertinent to practice, meets, and other important announcements.

11. Please sign up for **Remind 101 text notifications** for up-to-the-minute announcements regarding practice times, etc. Text your group code (below) to **510-447-1105** (*You must redo this at the beginning of every season*)
 - a. Thunder 1 -- @pflth1
 - b. Thunder 2 -- @pflth2
 - c. Thunder 3 -- @pflth3
 - d. Lightning 1 -- @pfllt1
 - e. Lightning 2 -- pfltgt2
 - f. Rain -- @pflrain
 - g. PowerReady -- .@pflpr1
 - h. Shark School --@pflss1
12. **Inhalers, EpiPens, etc.** Swimmers who require a rescue inhaler, EpiPen, or other such device must keep it ON DECK at all times. Devices should be placed in a sealed plastic bag and labeled with the swimmer's name. It is the swimmer's responsibility to ensure devices are in reach. Medical devices MAY NOT be left at the pool overnight.
13. **We do not have access to locker rooms.** Swimmers who wish to change clothes may do so in the restrooms located in the corridor to the west of the pool.
14. **When the weather turns cold, hats, shoes, and coats must be worn.** Swimmers who are not appropriately dressed for the weather will not be allowed to practice.
15. **Hydrate!** Swimmers who do not have water with them will not be allowed to practice.

SAVE THE DATE:

Team Kick-Off Party is Friday, September 7th

- 5:30 PM to 8:00 PM at the Creekstone pool
- \$5 per person (includes sandwich, chips, cookie, and drink)
- You will receive a Sign-Up Genius email shortly to RSVP
- No regular practice this day

CROCKER CLINIC – Swim with an Olympian!!

- Saturday, September 8th at the Creekstone pool
- \$30 per swimmer
- Must be registered with USA Swimming
- You will receive a Sign-Up Genius email shortly to RSVP

SPIRIT WEAR – Show your PFL team spirit! We have dri-fit polo shirts for parents, team ball caps for adults and kids (great for keeping cool at those sunny outdoor meets), and car decals available for purchase. An order form is attached for your convenience.