

POWER NEWS

Important Dates:

- Dec 6 – No Thunder practice; Lgt & Rain only*
- Dec 6 – Southern Senior Champs at TWST*
- Dec 6-8 – 13 & Up Champs at UH*
- Dec 6-8 – Age Group Champs at A&M*
- Dec 9 – T30 for 13& Up*
- Dec 13 – 15 – Fall Champs at HCAP*
- Dec 16 – Jan Open meet entries open*
- Dec 21 – Breakfast with Santa*



Welcome Sinter Klaas!

13 & Up Champs at UH Rec Center Pool
4500 University Drive
Houston, TX 77004

We have a timing assignment for this meet, including finals. Please be ready to step up.
There is no street parking at UH and no free parking anywhere on or near campus. Park in the garage across the street from the Rec Center. Payment is via credit card only.
Swimmers in the distance events must check in upon arrival and provide their own timers and counters.

Good luck to our swimmers at Age Group champs and Southern Senior champs this weekend!
Full meet information is on the website.



Breakfast With Santa

Saturday, Dec 21 at 9 AM in the Taylor Commons

PFL will practice from 8AM to 9AM – Relays!!!!




- **Gift Exchange for our 10 & Under swimmers**
- **White Elephant Exchange (means you can steal) for Ages 11/12 and 13&Up**

\$15 maximum per gift

***Gifts must be age-appropriate and in line with our athlete code of conduct**

Cost is \$5 per person; siblings welcome to breakfast party and gift exchange

Competitive team only.
Shark School will have
Reindeer Races during
practice on Dec 19

MON	TUES	WED	THURS	FRI	SAT/SUN
2 Fall Schedule T30 for 12 & Under	3 Fall Schedule Shark School Evaluations	4 Fall Schedule	5 Fall Schedule Shark School Evaluations	6 No Thunder Practice Southern Senior Champs	7/8 Gulf Senior Champs Age Group Champs
9 Fall Schedule T30 for 13 & Up	10 Fall Schedule	11 Fall Schedule	12 Fall Schedule	13 Fall Schedule	14/15 Fall Champs
16 Fall Schedule	17 Fall Schedule	18 Fall Schedule	19 Fall Schedule Last Shark School till January 7th + <i>Reindeer Races</i> 	20 Fall Schedule	21/22 Breakfast With Santa 
23 Holiday schedule	24 No practice	25 No practice <i>Merry CHRISTMAS</i> 	26 Holiday schedule	27 Holiday Schedule	28

Holiday Practice Schedule

December 23, 26, 27, 30

Jan 2 & 3 AFTERNOONS

Shark School resumes Jan 7 at regular time

1:00 PM to 2:30 PM Thunder

2:30 PM to 4:00 PM Lightning

3:00 PM to 4:00 PM Rain

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.

T-Shirt Design Contest

Submit your designs for our Short Course Champs t-shirts this season. Shirts will be yellow with navy/white ink, printing on front only. Motivational slogans welcome! Artwork must be submitted by January 8th. The staff will pick the winning design. Free shirt for the winner! Contact Mary for more information.