

# POWER NEWS

## Important Dates:

September 30 -- All swimmers should have full equipment

September 30 -- T30

October 1 -- No Practice/No Shark School due to THS home meet

October 5 -- Saturday Morning Live at Taylor

October 8 -- No Practice/No Shark School due to THS home meet

October 12/13 -- October Open



## T-30 – What is it and how does it work?

The T-30 Performance Test is done once a month during our regular pool time of 4:00 PM to 7:30 PM. For each swimmer, the T-30 will take 60 minutes in total -- a 30 minute warm-up followed by a 30 minute swim. Swimmers are grouped according to how many laps they can finish in 30 minutes (check with your coach if you are unsure about which time slot you should pick). There will be a Sign Up Genius link on the website so you can schedule your time:

- 4:00 PM – Swimmers with 100+ laps (Thunder 1 swimmers from last year)
- 4:30 PM – Swimmers with 90+ laps
- 5:00 PM – Swimmers with 80+ laps
- 5:30 PM – Swimmers with 70+ laps
- 6:00 PM -- Open

Swimmers must provide their own counters. Parents may count. If another swimmer will be counting, there can be no overlap with their own T-30.



The goal is for the swimmer to complete as many laps of the pool as possible in 30 minutes, swimming at maximum effort but with an even pace. The results show the anabolic threshold speed and lactate level for the swimmer. More info about lactic acid training and the T-30 is on the website.




## SHARK SCHOOL PRACTICE MAKE-UP

In order to meet our guaranteed six practices per month for Shark School, we are offering a make-up class. The class will be on **Friday, September 17<sup>th</sup>** at Taylor. (Location and date has been moved due to flood damage at the Creekstone pool.)

Swimmers must attend their assigned class time. This is a safety issue.

September  /October 

MON	TUES	WED	THURS	FRI	SAT/SUN
23 FALL Schedule	24 No Practice – THS Swim Meet No Shark School	25 FALL Schedule	26 FALL Schedule	27 FALL Schedule Shark School Makeup at Taylor	28/29
30 FALL Schedule T30	1 No Practice – THS Swim Meet No Shark School	2 FALL Schedule	3 FALL Schedule	4 FALL Schedule	5/6 SATURDAY MORNING LIVE at Taylor
7 FALL Schedule	8 No Practice – THS Swim Meet No Shark School	9 FALL Schedule	10 FALL Schedule	11 FALL Schedule	12/13 OCTOBER OPEN MEET
14 FALL Schedule	15 FALL Schedule	16 FALL Schedule	<div data-bbox="678 842 1268 1234" data-label="Complex-Block"> <p style="text-align: center;">Save the Date! Halloween Wheel of Torture Practice and Costume Parade Saturday, October 26<sup>th</sup> Shark School Welcome</p>  </div>		19/20

### Practice Notes Next Week

Coach Sharon will be in Canada from Saturday through Wednesday morning. Due to her absence, here is what you can expect staffing-wise for the next few days:

- The T-30 is on Monday. Coach Russell will lead. Coach Becky will be on hand to help and Mary will also be there to assist parents.
- There is no practice on Tuesday due to a Taylor JV swim meet.
- Thunder 1 swimmers will start practice at 4:00 PM on Wednesday, provided Sharon's plane is not delayed. If so, a Remind 101 will go out and all Thunder swimmers will practice from 6:00 PM to 7:30 PM. Lightning and Rain groups will practice at their usual time.

### Holiday Practice Schedule

Thanksgiving – November 25 & 26, usual practice time (including Shark School)

Christmas – December 23, 26, 27, 30, Jan 2 & 3 from 1:30 PM to 4:30 PM (no Shark School)