

# POWER NEWS

## Important Notes:

Nov 30 to Dec 2 --- Senior Champs and Southern Senior Champs  
Nov 30 – No Thunder practice due to Champs meets



## CHAMPIONSHIP MEETS

### Senior Champs – LOCATION CHANGE!

We are at **Ft Bend ISD Practice Facility on Bissonnet**. No timing requirement this time. **Be there before the first warmup and CIRCLE IN!** Coaches will not circle in swimmers – if you are late call a friend. Swimmers who do not circle in will not be placed in the race.

December training fees  
due ASAP

Southern Senior Champs – We are at TWST

**\*\* we do not have a timing requirement for either of these meets \*\***

## T30 Results

**Century Club:** David Voronov- 100; Colby Mann- 100; Ivan Torres- 103; Kristian Duddridge- 103; Nicholas Freeman- 104; Clint Foreman- 104; Kevan Kennedy- 105; Alex Sung- 105; Vitaly Kiselev- 106; Gerardo Angulo- 106; Matthew Crabtree- 107; Rica Kizek- 108

Evelyn Fields- 46; Tuan Vu- 48; Esther Berger- 55; Luis Patino- 55; Nate Sun- 56; Natalie Sun- 56; Javier Brenes-Quesada- 61; Stenlund Fleetham- 62; Noah Gurfinkel- 62; Justin Fields- 62; Alan Pueches- 64; Aarav Gupta- 64; David Liu- 64; Cian Maloney- 64; Valentina Garcia Lara- 65; Ian Yuan- 65; Francesca Derby- 67; Ruthav Sadali- 70; Britlynn Hill- 71; Ethan Chung- 72; Anneliese Sood- 74; Nathan Owens- 75; Isabella Christoferson- 78; Tyler Luo- 79; Morgan Brosch- 80; Sophie Derby- 80; Armando Gurfinkel- 82; Evan Gibbs- 83; Jeremy Crabtree- 84; Kaylee Brosch- 86; Santiago Salazar- 88; Bella Derby- 88; Gina Perez- 89; Daniel Zanabria- 90; Kaylie Berkman- 91; Marley Barnard- 91; Martina Caridad- 99

\*\*\*\* SEND US YOUR PHOTOS \*\*\*\*

Parents, please share your champs meet photos with us! We love to celebrate our swimmers!

Pictures will be used on the website and on the slide show at our Spring Banquet.

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



MON	TUES	WED	THURS	FRI	SAT/SUN
26 FALL Schedule TAPER	27 FALL Schedule TAPER	28 FALL Schedule TAPER	29 FALL Schedule TAPER	30 No Thunder Practice Southern Senior Champs / Senior Champs	1/2 Southern Senior Champs / Senior Champs
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	28 FALL Schedule	21 FALL Schedule =	22/23 Saturday Practice 8 AM to 9 AM WINTER PARTY 9 AM to 10 AM

### 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