

# POWER NEWS

## *Important Notes:*

Jan 18 – SC I entries due

Jan 19/20 – January Open at LSST; we have a timing requirement

Jan 25 – **Modified practice schedule**; due to KISD varsity district meet, all Thunder will practice from 5:00 PM to 6:30 PM. Everyone else practices at the usual time.

Jan 25 – SC II entries due

Jan 28 -- Next T30

Feb 1 – SC III entries due

## REMIND 101 CHANGES

Beginning Monday, January 28, Verizon Wireless customers will no longer receive free text notifications from Remind 101. Verizon customers must turn on smart phone or email notifications instead.

***We suggest you either 1) download the Remind 101 app for your smart phone and allow notifications, or 2) turn on email notifications.***

***Be sure to enable push notifications on your phone.***

## JANUARY OPEN MEET AT LSST

Jan 19 & 20

LSST/Cy Fair ISD Natatorium

It is going to be COLD this weekend, especially Sunday morning. All swimmers will be seated indoors. There will be spectator seating indoors but NO ROOM for large bags or coolers. Keep gear in your car or at your tent outside.

*Swimmers should wear coats (ski parkas are good), ski pants, socks, hats, and mittens. In the spirit of KEEPING WARM, we are holding our second*

## **\*\*\* UGLY HAT CONTEST \*\*\***

*The swimmer with the ugliest, warmest hat wins a prize. Coaches will announce the winner at practice on Monday.*



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MON	TUES	WED	THURS	FRI	SAT/SUN
14 FALL Schedule	15 FALL Schedule	16 FALL Schedule	17 FALL Schedule	18 FALL Schedule SCI Meet Entries Due	19/20 JANUARY OPEN AT LSST
21 FALL Schedule	22 FALL Schedule	23 FALL Schedule	24 FALL Schedule	25 FALL Schedule KISD Varsity Districts SCII Meet Entries Due	26/27 KISD Varsity Districts
28 FALL Schedule T30	29 FALL Schedule	30 FALL Schedule	31 FALL Schedule	1 FALL Schedule SCIII Meet Entries Due	2/3
4 FALL Schedule	5 FALL Schedule	6 FALL Schedule	7 FALL Schedule	8 FALL Schedule	9/10

### A Note About Upcoming Practice Changes

January 21<sup>st</sup> -- Move-Ups following the January Open will be announced

January 28<sup>th</sup> – Lightning 2 practice will move to 6:00 PM to 7:15 PM

March 31<sup>st</sup> – last day of PowerReady

April 1<sup>st</sup> – Rain expanded to include all novice swimmers (without an IMX/IMR score)

Those who have not achieved an IMX/IMR by April 1<sup>st</sup> will move into the Rain group to continue working. Rain will be expanded to include swimmers up to age 12 who have not yet achieved an IMX/IMR score. Rain group practices will continue to be M/W/F from 6:30 PM to 7:30 PM.

Swimmers currently in the PowerReady group should make every effort to secure their IMX or IMR score such that they can move to the Lightning groups.

- All swimmers moving up from Shark School will progress to Rain until they achieve their IMX/IMR
- Lightning 2 will be ages 9 to 12 with an IMR
- Lightning 1 will be ages 10 to 12 with an IMX