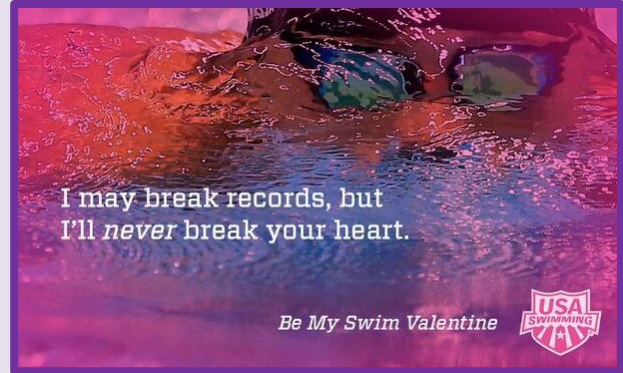


POWER NEWS

Important Dates:

Feb 14 – Sectionals entries due
 Feb 15 – SC I meet at LSST
 Feb 17 – No practice; Presidents’ Day
 Feb 21/22/23 – SC II meet at Dad’s Club
 Feb 28/29/Mar 1 – SC III
 Feb 27/28/29/ Mar 1 –Sectionals at AGS
 Mar 2 – Next T30



SPRING BREAK PRACTICE

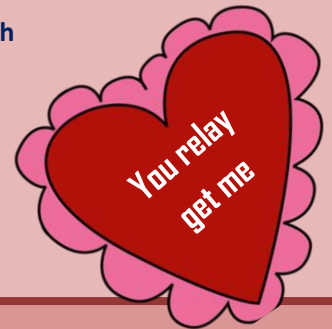
Tuesday, March 10th and Thursday, March 12th

8 AM – 9 AM: LGT/Rain

9 AM – 10 AM: Thunder

At Taylor

No Shark School Practice



Short Course I Championships

8 & Unders; we are at LSST; 12250 Windfern Rd, Houston 77064

We have the early warmup in the Diving Well pool; be on deck by 7:30 AM

We have no timing assignment for this meet. There is a boys’ pool and a girls’ pool, please refer to the meet announcement for details. Our swimmers will sit together on Bleacher 8.

Meet Mobile Listing: “2020 LSST Gulf SC Champs I”



February Championships

Short Course II – Ages 9 to 14; Feb 21-23; we are at Dad’s Club

Short Course III – Ages 13 & Up; Feb 28 to Mar 2; location TBD

Speedo Sectionals – Qualifying Times required; Feb 27 to Mar 1 at AGS

February / March

MON	TUES	WED	THURS	FRI	SAT/SUN
10 Fall Schedule	11 Fall Schedule	12 Fall Schedule	13 Fall Schedule	14 Fall Schedule <i>Be my valentine</i> 	15/16 Short Course I Champs
17 NO PRACTICE 	18 Fall Schedule	19 Fall Schedule	20 Fall Schedule	21 Fall Schedule SCII Starts	22/23 Short Course II Champs
24 Fall Schedule	25 Fall Schedule	26 Fall Schedule	27 Fall Schedule Sectionals Starts	28 Fall Schedule SCIII Starts Sectionals	29/01 Short Course III Champs Sectionals
2 Fall Schedule T30	3 Fall Schedule	4 Fall Schedule	5 Fall Schedule	6 Fall Schedule	7/8

Save the Date!

Our 2020 *Spring Banquet* will be on

Friday, April 3

6 PM to 9 PM

At Willow Fork Country Club

\$25/person; max \$75 for family of four

Please note: Competitive team swimmers only. As this is a USA Swimming affiliated function, no alcohol may be consumed in the banquet room. Adults are welcome to purchase and consume alcohol in the bar downstairs.

SWIM UP TO SUMMER

Get ready to shine at Summer League! Now registering! February through April
Tuesdays & Thursdays from 6:30 PM to 7:30 PM
\$125 registration fee (new swimmers only) + \$130 per month training fees

COLD WEATHER POLICY

It's that time of year again when temperatures are dipping. Swimmers MUST wear appropriate outer wear before exiting the building. Hats, coats, sweats and gloves are needed to keep hypothermia at bay. Swimmers are already cold when they leave the water. Wet hair, chilled bodies, and cold temperatures can be a dangerous mix.