

POWER NEWS

Important Dates:

Mar 5 – T30 Make Up for eligible swimmers
Mar 7/10 – Distance Training Group Practices
Mar 8 – 14 – Spring Break
Apr 3 – Spring Banquet



SPRING BREAK PRACTICE - Tuesday, March 10th and Thursday, March 12th

8 AM – 9 AM: LGT/Rain, 9 AM – 10 AM: Thunder

At Taylor High School

No Shark School Practice

Distance Training Group Practices

The following swimmers have been invited to join the DISTANCE TRAINING GROUP based on T30 Results: Ian Bennett, Alex Sung, Nick Freeman, Ivan Torres-Lopez, Gerardo Angulo, Matt Crabtree, Kristian Dudderidge, Colby Mann, Kaylie Berkman, Emma Watts, Daniel Vossoughi, Bella Derby, Santiago Salazar, Thomas Brito, Javier Brenes, and Jeremy Crabtree. Two practices will be held at the South Houston Aquatic Center (SHAC) pool on Saturday, March 7th from 12 – 2, and Tuesday, March 10th from 8 – 10. *Please RSVP to Coach Sharon by Thursday, March 5th.* Cost is \$10 per practice payable to SHAC. The SHAC pool is located at 8454 W Airport Blvd, Houston, TX 77071.

There will be a special T30 make up on Thursday, March 5th beginning at 5pm for those wanting to make the DISTANCE TRAINING GROUP. The make up is only those who have achieved 88 or more laps on a previous T30 and want to make the group. Parents must be available to count laps.

Parents – Please remind your swimmer to not share water bottles!

Have your swimmer bring water in a reusable bottle with their name on it. Many are bringing disposable water bottles that all look alike and are getting mixed up on the pool deck. With spring allergies just around the corner, we want our swimmers to be healthy!



SHORT COURSE CHAMPS 1 8 & Under Champs @ LSST 15 February, 2020

Three of our Rain Group swimmers attended this meet guided by the very capable hands of Coach Norma. She was very excited and pleased with our swimmers' performances at this meet. Congratulations to:

Joy Derby Alejandro Leonardi Erin Trichkovikj

on a job well done! Joy and Alejandro both posted best times and Erin, Joy and Alejandro all placed in the top 8 in at least one of their events at the meet. Keep up the great work Coach Norma and Rain swimmers!

SHORT COURSE CHAMPS 2 14 & Under Champs @ DADS 21 – 23 February, 2020

Thirty-four swimmers represented PFL at this competitive meet with coaches Andy, Russell and Sharon in attendance to help our swimmers. Our team goals were to perform the events correctly (no DQ's), swim Best Times and to have Fun! For the most part, the swimmers were incredibly successful having a minimal number of DQ's at the meet and loads of best times. Congratulations to the following swimmers who achieved BEST TIMES at the meet:

Ablai Altayev	Javier Brenes-Quesada	Thomas Brito	Luke Bruno
Nicole Carpenter	Sophia Cruz	Francesca Derby	
Sophie Derby	Valentina Garcia-Lara	Lilli Gorham	Sam Hunniford
Asher Lin	Cian Maloney	Stacey Munoz	Aarin Nadkarni
Eli Nicksic	Alyssa Onthuam	Luis Patino	Roman Perez
Alan Puecher	Kaelyn Sackash	Kellyn Sackash	Santiago Salazar
Ella Schlorholtz	Anneliese Sood	Byron Sood	Akshay Sukamaram
Natalie Sun	Nate Sun	Ezekiel Turcios	Connor Wilson
			Alexandria Xu

Special Congratulations to Francesca Derby on her record-breaking swim in the 10 & under girls' 100 freestyle. Not only did she swim faster than any PFL 10 & under girl to date in that event – she **Negative Split** the race! (Which is not easy to do – ask a Thunder swimmer!).

As for the Fun part of the goal – just seeing the smiles on our swimmers' faces when they came to talk to the coaches after their races said it all to us!

Thank you to all of the parents who stepped up to time at the meet, and to Neil Sood and Callie Cheah for working on their official certifications at the meet.

SHORT COURSE CHAMPS 3 13 & Over Champs @ECS 28 February – 1 March, 2020

15 swimmers represented PFL at this senior level meet. Coach Russell was very pleased with the performances of our swimmers. Best Times were harder to perform for many who had already performed some of their events at the High School Champs meets last month, but they stepped up big time in their other (non-high school) events and were rewarded with life-time top performances for all their hard work this season. Congratulations to the following swimmers for achieving BEST TIMES at the meet:


Gerardo Angulo	Marley Barnard	Kaylie Berkman	Bella Derby
Mariana Diaz-Ponce	Kristian Duddridge	Nicholas Freeman	
Evan Gibbs	Noah Gurfinkel	Kevan Kennedy	Alex Sung
	Daniel Vossoughi	Emma Watts	Ivan Torres

Special Congratulations to Bella Derby for breaking the 13/14 Girls' 100 Fly Team Record!

Thank you to Cherie Duddridge for officiating at the meet.

SECTIONALS @AGS 27 February – 1 March, 2020

AS of the date of publication of this newsletter, Final Official Results were not available. Stay Tuned for the recap of this meet in an upcoming issue!

MON	TUES	WED	THURS	FRI	SAT/SUN
2 Fall Schedule T30	3 Fall Schedule	4 Fall Schedule	5 Fall Schedule T30 Make Up for eligible swimmers	6 Fall Schedule	7/8 Distance Training Group 12 - 2
9 SPRING BREAK	10 SPRING BREAK 8 - 9: LGT/Rain 9 - 10: Thunder 8 - 10: Distance Training Group No Shark School	11 SPRING BREAK	12 SPRING BREAK 8 AM – 9 AM: LGT/Rain 9 AM – 10 AM: Thunder No Shark School	13 SPRING BREAK	14/15
16 Fall Schedule	17 Fall Schedule 	18 Fall Schedule	19 Fall Schedule	20 Fall Schedule	21/22
23 Fall Schedule	24 Fall Schedule	25 Fall Schedule	26 Fall Schedule	27 Fall Schedule Spring Banquet RSVP due	28/29



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

<https://www.signupgenius.com/go/5080E4BAAAE22A0FE3-2020>

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.

