



POWER NEWS

Important Dates:

**Dec 13 – 6 PM to 6:30 PM warmup swim for those
In Fall champs**

Dec 14 – 15 – Fall Champs at HCAP

Dec 16 – Jan Open meet entries open

Dec 21 – PFL practice & Breakfast with Santa

Dec 23, 26, 26, 30 & Jan 2, 3 – Holiday practice

Jan 6 – Regular schedule resumes

Jan 7 – Shark School resumes

Reminder:

**January training
fees and Session II
Payments will be
due January 1st.**



12 & Under Champs at HCAP

Johnnie Means Swimming Pool; 2731 El Camino, Houston

We have a timing assignment for this meet. Please be ready to step up. Swimmers in the 500 freestyle must check in upon arrival and provide their own timers and counters.

From Downtown: Take 288 South. Exit Holly Hall. Turn right. Proceed to second street, El Camino, and turn right. Turn in second driveway on the right. Pool is the second building on the right. There is overflow parking across the street from the facility. Spectators are allowed to set up tents on the grass near the pool.

Friday, December 13 – Swimmers entered into the 12 & Under Fall Champs meet are encouraged to come to practice from 6 PM to 6:30 PM. Then it's home and early to bed for a good night's sleep!

Breakfast With Santa

Saturday, Dec 21 at 9 AM in the Taylor Commons

PFL will practice from 8AM to 9AM – Relays!!!!

- **Gift Exchange for our 10 & Under swimmers**
- **White Elephant Exchange (means you can steal) for Ages 11/12 and 13&Up**





\$15 maximum per gift

***Gifts must be age-appropriate and in line with our athlete code of conduct**

Cost is \$5 per person. Siblings welcome to breakfast party and gift exchange. RSVP and PayPal link on the website.



**Competitive team only.
Shark School will have
Reindeer Races during
practice on Dec 19**

MON	TUES	WED	THURS	FRI	SAT/SUN
9 Fall Schedule T30 for 13 & Up	10 Fall Schedule	11 Fall Schedule	12 Fall Schedule	13 Fall Schedule	14/15 Fall Champs
16 Fall Schedule Jan Open meet entries open; first 50 swimmers only	17 Fall Schedule	18 Fall Schedule	19 Fall Schedule Last Shark School till January 7th + <i>Reindeer Races</i> 	20 Fall Schedule	21/22 Breakfast With Santa 
23 Holiday schedule	24 No practice	25 No practice <i>Merry CHRISTMAS</i> 	26 Holiday schedule	27 Holiday Schedule	28/29
30 Holiday schedule	31 No practice	1 No practice 	2 Holiday schedule	3 Holiday Schedule Jan Open meet entries due	4/5

Holiday Practice Schedule

December 23, 26, 27, 30

Jan 2 & 3 AFTERNOONS

Shark School resumes Jan 7 at regular time

1:00 PM to 2:30 PM Thunder

2:30 PM to 4:00 PM Lightning

3:00 PM to 4:00 PM Rain

January Open / Frosty Invitational

We will be at LSST/CyFair

We are limited to 50 entrants – registration open to the first 50 swimmers only.

The meet entry page will open on *December 16th*.

Entries will be due on January 3rd.

T-Shirt Design Contest

Submit your designs for our Short Course Champs t-shirts this season. Shirts will be yellow with navy/white ink, printing on front only. Motivational slogans welcome!

Artwork must be submitted by January 8th.

The staff will pick the winning design.

Free shirt for the winner!

Contact Mary for more information.