

# POWER NEWS

**Important Notes:**

Sept 7<sup>th</sup> -- No practice. Welcome Back Party at Creekstone  
 Sept 8<sup>th</sup> -- Crocker Clinic at Creekstone  
 Sept 14<sup>th</sup> -- October IMX entries/payments due  
 Sept 20<sup>th</sup> -- No practice, high school meet  
 Sept 27<sup>th</sup> -- No practice, high school meet  
 Sept 28<sup>th</sup> -- T30 -- Thunder practice at 4 pm staggered warm-ups, swims, and counting assignments  
 Oct 1<sup>st</sup> -- makeup T30 4 PM to 5:30 PM only



**Training Fees Now Past Due**

**SIGN UP FOR REMIND 101 – THIS IS SUPER IMPORTANT TO RECEIVE TEXTS ABOUT PRACTICE CANCELLATIONS DUE TO WEATHER**

*Text your Group Code to 510-447-1105*

Thunder 1: @pflth1  
 PowerFit/Thunder 2: @pflth2  
 Thunder 3: @pflth3  
 Lightning 1: @pfllt1  
 Lightning 2: @pfllt2  
 PowerReady: @pflpr1  
 Rain Code: @pflrain  
 Shark School: @pflss1

**Returning swimmers – you must sign up again each August**



**Crocker Clinic  
 Swim With an Olympian  
 Saturday, Sept 8**

8 AM to 11 AM  
 Meet & Greet /  
 Autographs immediately following  
 \$30 per swimmer  
 RSVP deadline Sept 6

**Don't forget to order SPIRT WEAR!**

**SEASON KICKOFF PARTY!**  
 Friday, September 7<sup>th</sup>  
 5:30 PM to 8:00 PM at  
 Creekstone  
**\$5 PER PERSON, Siblings & Parents Welcome**  
 (Due to insurance constraints only PFL and Shark School registered members may swim)  
 Swim 5:30 – 6:15 PM  
 Parent Meeting 5:30 – 6:15 PM  
 Food Served 6:15 – 6:45 pm (siblings and parents welcome) Sandwiches, Chips, Cookie and Drink  
 Awards from summer 6:45 – 7:45 PM  
 Clean-up 7:45 – 8 PM (Volunteers needed).

**Competitive Swimmers – Please have full equipment by Sept 30<sup>th</sup>.**



MON	TUES	WED	THURS	FRI	SAT/SUN
3 <b>NO PRACTICE</b>  <b>MEMORIAL DAY</b>	4 FALL Schedule FIRST DAY OF SHARK SCHOOL! OPEN TRYOUTS	5 FALL Schedule	6 FALL Schedule	7 <b>NO PRACTICE – WELCOME BACK PARTY</b> Creekstone 5:30 PM to 8:00 PM	8/9 CROCKER CLINIC 8 AM to 11 AM at Creekstone
10 FALL Schedule	11 FALL Schedule	12 FALL Schedule	13 FALL Schedule	14 FALL Schedule <b>OCTOBER MEET ENTRIES DUE BY MIDNIGHT</b>	15/16
17 FALL Schedule	18 FALL Schedule	19 FALL Schedule	20 <b>NO PRACTICE – TAYLOR AQUATICS MEET</b>	21 FALL Schedule <b>SPIRIT WEAR ORDERS DUE</b>	22/23
24 FALL Schedule	25 FALL Schedule	26 FALL Schedule	27 <b>NO PRACTICE – TAYLOR AQUATICS MEET</b>	28 FALL Schedule <b>T30</b>	29/30

### Meet Schedule

*Our First Meet is on October 13/14*  
October Open Meet / IMX Meet October 13/14  
(Location TBA)

Sign up on-line. Look under Meet Entries and on the Members Portal. Sign-up & Payment due Sept 14<sup>th</sup>.

Pay by check or PayPal

\$50 per day if paid by 11:59 PM on September 14<sup>th</sup>

\$80 per day after that deadline

*Please note – all payments are non-refundable (per Gulf Swimming Rules)*

### Equipment List – PFL

*All Swimmers Must Have:*

- \*Pull Buoy \*Extra Goggles \* Positive Drive Fins \*Mesh Equipment Bag
- \*Water Bottle \*Kick Board

*Thunder Swimmers please add:*

- \*Snorkel (oval, adjustable tube)
- \*Paddles (Strokemakers preferred)

For full details, check the website under "PRACTICE"

**Storm Policy (Per Katy ISD). We cannot swim during a thunderstorm. We must wait for 30 minutes after last thunder before entering the water. Practices may be delayed or cancelled entirely. Check Remind 101 for instructions.**