

POWER NEWS

August 30, 2023

Welcome to the 2023-24 season of Power Aquatics/Power For Life! For those new to the team, each Wednesday we send out an update on upcoming important events and announcements. The newsletter will look a bit different this year – based on your feedback, a quick summary in the body of the email (rather than a link to a PDF) is preferable. We will still archive the newsletters on our website.

NOTE: USA Swimming regulations prohibit PFL staff from directly communicating with minor swimmers via email, text, or social media. I can't put your child on the distribution list. Please forward the newsletters to your kids or ask them to check the website on a Wednesday evening.

IMPORTANT DATES:

Sept 1 & 4 – No Practice due to the Labor Day Holiday

Sept 5 – Practice resumes

Sept 6 – First day of Shark School & Swim Up

Sept 8 – Welcome Back party. \$5 per person. Please RSVP by Sept 7:

<https://www.signupgenius.com/go/5080E4BAAAE22A0FE3-welcome4>

Sept 15 – October meet entries due

Sept 30 – All equipment should be purchased by this date; see website for list

LIGHTNING PRACTICE CHANGE

Many thanks to those Lightning 2 parents who reached out to use regarding the practice schedule. We hear your concerns. In response, **we have added in a Wednesday practice option, effective next week.** Lightning 2 practice now will be offered all five days per week. You may still attend only 4 sessions in a week, but this change will hopefully give you added flexibility in managing your swimmer's schedule.

DIVE PRACTICE

Most Fridays in September and October will focus on Dive Practice. We encourage your swimmer to attend these sessions as it will be the only time we can practice diving off the blocks. Per Texas law, we must have a lifeguard present when diving from the blocks. All Friday practices end by 7 PM.

OCTOBER MEET

Save the date! **Our first open meet of the season will be on October 14&15 at Lone Star Swim Team (LSST), Cy Ranch High School.** We will have more details on this next week. **Entries due Sept 15.**

We are streamlining the entry process this year. Here is how it will work: About a week before entries are due to the coach, we will send out an electronic entry form for parents to let us know which days the kid can swim. ***Swimmers will not be able to choose events with the coach until we have this form from the parent*** As the forms are returned, coaches will start working with swimmers to pick events. *Coaches have final say on events.* You will have an opportunity to review events before the final submittal to the host team. **Meet fees must be paid before the events are sent to the host.** Late fees will apply if this deadline is missed.

USA SWIMMING

We will begin registering for the 2023-24 season during September. If you are a *returning swimmer* on the competitive team, you will be invoiced for \$98 for a Premium Athlete registration. PFL will register

swimmers in bulk. If you are *new to the team*, you must create a parent account with USAS and register your swimmer individually.

REMIND 101

Please sign up for Remind 101 text alerts. We use these to advise of late-breaking announcements such as weather cancellations. *Note that these group codes change as your child ages up so be sure you are getting undated messages.* **Text your Group Code to 810-10**

Group Code:

Thunder 1: @pflth1

Thunder 2: @pflth2

Thunder 3: @pflth3

Lightning 1: @pfltl1

Lightning 2: @pfltl2

Rain: @pflrain

Shark School: @pflss1

COMMUNICATIONS NOTE: We are discontinuing the Shark School phone and email, and Coach Sharon will no longer receive team communications. Please be sure to update your contacts for the Team Manager for all inquiries. Contact me first to schedule a meeting with a coach, discuss an issue, or ask for information.

Calls/Texts: 832-622-2561

Emails: teammanager@poweraquatics.org