

## POWER NEWS

Dec 1, 2023

### **IMPORTANT DATES:**

**Dec 1 – Gulf Age Group Champs at Texas A&M. Go Bo, Kevin, Santiago, & Erin!**

**Dec 7 – 9: Gulf Senior Champs at LSST/Cy Fair ISD**

**Dec 15 – 17: Gulf Fall Champs**

**Dec 7: Sign Ups for January Open at LSST/Cy Fair ISD**

**Dec 11: Shark School/Swim Up evaluations**

**Dec 13: Shark School holiday practice**

**Dec 15: Competitive Team Christmas Party in the evening 6 PM to 7:30 PM**

**Dec 18: Holiday practice schedule begins, we move to afternoons**

**Jan 2: Regular evening practice schedule resumes**

### **HOLIDAY PRACTICE SCHEDULE**

#### **DEC 18 -22 AFTERNOONS**

Thunder -- 1 PM to 2:30 PM

Lightning 1 – 2:30 PM to 3:45 PM & Lightning 2 – 2:30 PM to 3:45 PM

Rain – 2:30 PM to 3:30 PM Monday/Wednesday/Friday

Swim Up/Shark School – Monday / Wednesday 3:15 PM to 4:00 PM

#### **DEC 27**

Thunder -- 8 AM to 9 AM

Lightning & Rain -- 9 AM to 10 AM

No Shark School or Swim Up

**DEC 28 & 29**– TBD; We have a schedule conflict with THS so will likely have afternoon practices on those days but it's not yet confirmed

### **DECEMBER CHAMPIONSHIPS:**

Gulf Age Group Dec 1 – Dec 3 (QTs) at Texas A&M

Gulf Senior Champs Dec 8 -- Dec 10; we are at LSST; Cy Fair ISD Natatorium; 12550 Windfern Rd Houston, TX 77064

Gulf Fall Champs Dec 15 – Dec 17; location to be announced

### **PFL HOLIDAY PARTY – SAVE THE DATE! Dec 15 from 6 PM to 7:30 PM in the Commons**

**Competitive team only – (Shark School will have a fun practice at the pool on Dec 13)**

Please bring a gift suitable for your swimmer's age group. \$15 value. We will do a gift exchange by practice group. Remember please, bring a gift to get a gift!

*Cost is \$5 for tacos, cookies, and drinks. We will have an RSVP form out next week so we have a headcount to give the caterer.*

**WEATHER POLICE** –ALL SWIMMERS must wear shoes, sweats, jackets and hats. It's cold outside!

