

POWER NEWS

Feb 15, 2024

IMPORTANT DATES:

Feb 16 – Thunder practice only. Lightning & Rain at the champs meet.**

Feb 16 – Thunder team dinner at 7 PM after practice. Fatboy's Pizza. *RSVP below.*

Feb 16 – 18 – 14&Under Gulf Champs meet. We are at Magnolia.

Feb 19 – President's Day. No practice/No Shark School.

March 1 – Lightning & Rain practice only. Thunder at the champs meet.

March 1 – March 3 – 13&Over Gulf Champs meet. Location TBD.

NEW FRIDAY PRACTICE SCHEDULE: 5 PM to 7 PM. Coach Andy, Coach Laura, and Coach Stacey on deck.

Thunder: 5 PM to 7 PM; **Lightning 1:** 5:30 PM to 7 PM; **Lightning 2:** 5:45 PM to 7 PM; **Rain:** 6 PM to 7 PM

****PLEASE NOTE:** PFL is a competition-based team, and swim meets are the lifeblood of the sport. Official times secured at a sanctioned meet are the only way for swimmers to track their improvement. Age group coaches do not conduct formal evaluations or send home report cards like we do for our Shark School swimmers. Consequently, meets are a coaching priority. When there are meets, that's where the coaches will be – including on Friday nights. As such there will be no regular Friday practice for kids **in that age group** who are not entered into the meet. This week there will be no Friday Lightning or Rain practice due to the 14&Under Gulf Champs meet.

GULF 14 & UNDER CHAMPIONSHIPS: February 16 – 18 HOSTED BY Magnolia Aquatic Club **Address:** Michael D. Holland Natatorium (Magnolia High School Campus) 14350 FM 1488 Magnolia, TX 77354

GIRLS: arrive by 7:30 AM

BOYS: arrive by 12:45 PM

We do not have a timing requirement for this meet.

Seating: Please plan for outdoor set up around natatorium (in areas not blocking walkway). Seating for parents will be come and go. No permanent seating allowed inside. Only swimmers, coaches, and officials will be allowed on deck.

Meet Announcement:

https://www.gomotionapp.com/gslsc/UserFiles/Image/QuickUpload/2024-mac-gulf-14u-champs-meet-announcement---nm011124_081209.pdf

A meet timeline, warmup schedule, and general information announcement went out in a separate email earlier this week.

FIRST WEEK OF MARCH – FUN WEEK!!

In recognition of the hard work our swimmers have done getting ready for the champs meets, the week of March 4th will be FUN WEEK. Swimmers will still have a workout, but we will

incorporate lots of fun activities so they can relax, recover, and get ready for the challenges of Long Course season. More info on practice times will be announced next week.

SPRING BREAK PRACTICE

The competitive team will practice over KISD Spring Break, probably T/W/Th of that week. We will have a final schedule out next week. There will be no Shark School or Swim Up during Spring Break.

THUNDER SWIMMERS: If you haven't yet, please RSVP FOR THUNDER TEAM DINNER AT FATBOYS <https://www.signupgenius.com/go/5080E4BAAAE22A0FE3-47881182-thunder>

*****Don't forget to bring water to practice. No disposable bottles please, it's too easy to pick up the wrong one.*****