

POWER NEWS

Feb 22, 2024

IMPORTANT DATES:

March 1 – Lightning & Rain practice only; 5:30 PM to 7 PM. Thunder at the champs meet.

March 1 – March 3 – 13&Over Gulf Champs meet. Hosted by SSAN at CyFair HS.

March 4 – Fun Week begins

March 11, 12, 14 – Spring Break Practice; No Shark School, No Swim Up

March 18 – Regular evening practice resumes

March 22 – Senior Recognition Banquet at Feast Buffet

COACHES' CORNER: 14 & Under Gulf Champs Meet Report

From Coach Laura: This meet was hosted by MAC in Magnolia on Saturday and Sunday this past weekend. Although a nice long car ride away, PFL had great swims at this meet! We had many swimmers end up in the top 8 of their age group! The following swimmers had personal best times at this meet: **Sophia Arevalo, Reed Cheadle, Catie Crain, Makayla Cruz, Scarlett Dial, Ella Dille, Montgomery Grayson, Austin Lin, Alejandra Medellin, Zoey Nguyen, Erin Trichkovikj, and Sydney Troutman.** Every swimmer that attended the meet has been working so hard, and it definitely shows! We are so proud of our athletes!

GULF 13& OVER CHAMPIONSHIPS: March 1 to 3, 2024 HOSTED BY Swim Streamline at

Northampton (SSAN) at CyFair ISD Natatorium; 12550 B Windfern Road; Houston, TX 77064

Seating: There will be NO family SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing.

Circle In: *Swimmers must circle in for distance events.*

Meet Announcement:

https://www.gomotionapp.com/gslsc/UserFiles/Image/QuickUpload/2024-ssan-gulf-13o-champs-meet-announcement-r1---nm022024_074896.pdf

A meet timeline, warmup schedule, and general information announcement will go out as soon as we get them from the host team.

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

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. There will be a half hour warmup followed by directed games, team building exercises, and cooperative play. Thunder swimmers from 4:30 PM to 6:00 PM (Thunder 3 get there when you can, this is an informal week). Lightning from 6:15 to 7:30 PM. Rain from 6:15 to 7:30 PM M/W/F.

SPRING BREAK PRACTICE

Practice on M/T/W only. 12&Unders 8 AM to 9 AM; 13 & Up 9 AM to 10 AM. Rain on M/W only. There will be no Shark School or Swim Up during Spring Break.

SENIOR RECOGNITION BANQUET – Feast Banquet on Fry Road

We will have detailed information on cost and RSVPs next week.

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