

POWER NEWS
January 12, 2024

IMPORTANT DATES:

Jan 13-15: Frosty Meet hosted by LSST; Cy Fair ISD Natarorium at 12550 Windfern

Jan 15: No practice. Pool closed due to MLK Day

Jan 16: T30 for Thunder 3, Lightning 1, Lightning 2

Jan 17: T30 for Thunder and Rain

Frosty Meet

Location: Cy Fair ISD Natarorium at 12550 Windfern. We have the first warm-up in the Diving End pool on Saturday morning so be there early. Doors open at 7 AM. Afternoon warm-up is in the Lobby End pool. Arrive by 11:30 AM. Sunday morning we have the second warm-up in the Diving Well pool so arrive by 7:50 AM. For the afternoon session, arrive by 11:30 AM and look for us in the Lobby End.

We have a substantial timing requirement for this meet:

<https://www.signupgenius.com/go/5080E4BAAAE22A0FE3-47143696-frosty#/>

T30 Week – Tuesday, Jan 16

Thunder 3 – Warm-up starts at 5 PM. Coach Russell will give you lane assignments. Everyone will finish by 6:30 PM

Lightning 1 & Lightning 2 – Warm-up at 6:30 PM. You will be split into two groups. Everyone will finish by 7:20 PM. *WE NEED PARENTS TO HELP COUNT.*

T30 Week – Wednesday, Jan 17

Thunder 1 & Thunder 2 – Warm-up at 4 PM. You will be split into two groups. Coach Russell will give you lane assignments. Everyone will finish by 5:30 PM

Rain (T15) – Warm-up at 6:30 PM. Everyone will finish by 7 PM. *WE NEED PARENTS TO HELP COUNT*

Weather Watch – There is a winter storm/freeze on the way. The worst is expected on Monday but schools are closed anyway for the MLK holiday. At this point, Katy ISD anticipates a normal instructional schedule on Tuesday, Jan 16. If the school is open for business we will hold practice as usual. In the event the district is closed, we will swim the Tuesday T30s on Thursday, Jan 18 at the same times.

<p><i>WEATHER POLICE –ALL SWIMMERS must wear shoes, sweats, jackets and hats. Baby, it's cold outside!</i></p>
