

POWER NEWS
January 18, 2024

IMPORTANT DATES:

- Jan 19:** Modified Friday practice, see times below
- Jan 22:** All T30s; 4 PM to 7:30 PM; please use SignUp Genius
- Jan 24:** 14 & Under Champs meet entries due
- Jan 26:** New Friday practice schedule begins

STAFFING UPDATE:

We are very happy to announce that Coach Sharon is feeling fully rested and restored from her time in Canada and is ready to spend some time on deck coaching. She has missed the kids terribly and is eager to get back in the saddle for at least a few days every week.

As a consequence, we are reorganizing the coaching staff, effective immediately. But first, we want to give Coach Russell a huge round of thanks for his time leading the team as head coach. This was a gift to Sharon as it gave her the ability to relax and recharge knowing her life's work was in good hands. Russell will be staying on with us as Thunder 2 coach, doing what he does best – creating a challenging and cohesive age group practice for our high school swimmers. So kudos to Coach Russell for a job well done!

Thunder coaches:

- Coach Sharon – Thunder 1
- Coach Russell – Thunder 2
- Coach Andy – Thunder 3
- Coach Wendy – assistant

Lightning coaches:

- Coach Andy – Lightning 1
- Coach Laura – Lightning 2
- Coach Sharon – Lgt 1 warm-up

Lightning 1 notes – Sharon will spend a half hour from 6 PM to 6:30 PM handling warm-up for the Lightning 1 group while Andy finishes Thunder 3. This will give her an opportunity to get to know the kids and vice-versa. Also, we are happy to say our roster remains at full capacity but that means lane space is tight. We have a lot of Lightning kids! To help us safely balance numbers in the water, Laura and Andy will work cooperatively to best address the needs of all our Lightning swimmers based on age and ability. On most days Laura will take the girls and Andy will the boys. All Lgt 1 swimmers will swim the same workout.

Rain coach: Coach Stacey

Shark School head coach: Coach Erin

Friday Practice tomorrow, Jan 19: We are going with a regular practice schedule this week due to all the time lost from the freeze.

Thunder 1 4 PM to 6 PM

Thunder 2: 4 PM to 5:30 PM

Thunder 3: 5 PM to 6:30 PM

Lgt 1: 6 PM to 7:30 PM

Lgt 2: 6:15 to 7:30 PM

Rain: 6:30 to 7:30 PM

Friday practices: 5 PM to 7 PM. Starting Jan 26th. Coach Andy, Coach Laura, and Coach Stacey on deck

T30 – Monday, Jan 22, 4 PM to 7:30 PM

This T30 will use the original format where all swimmers participate on the same day. Please use the link, below, to sign up for a time slot based on how many laps your swimmer completed last time. If you don't know, just sign him or her up during the usual practice time. Rain will swim a T15 during their regular practice time.

Swimmers in the 12 & Under age groups will need a parent or other adult to count for them. We also encourage Thunder parents to attend if at all possible.

SignUp Genius link: <https://www.signupgenius.com/go/5080E4BAAAE22A0FE3-47309847-t30>

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