

## **POWER NEWS**

### **Nov 2, 2023**

#### **IMPORTANT DATES:**

**November 2, 7, 9, 14** – NO PRACTICE due to Taylor Aquatics home meets on those dates. Please make every effort to attend practice on M/W/F of those weeks.

**November 11 & 12** – November Open at LSST; 10700 Fry Road; Cypress, TX 77433

**Week of Nov 13<sup>th</sup>** – T30

**Thanksgiving Week** – practice on Monday & Tuesday **afternoons** only. No Shark School.

#### **T30s – Week of Nov 13**

Monday, 11/13 – T1&T2; 4 PM to 5:30 PM or so

Tuesday, 11/14 – No practice due to Taylor meet

Wednesday, 11/15 – Rain swims a T15 (parents, please help count)

Thursday, 11/16:

- T3 from 5:15 PM Warmup, finished by 6:30 PM (two groups)
- L1 6:30 PM Warmup, finished by 7:25 PM (parents, please help count)
- L2 6:30 PM Warmup, finished by 7:25 PM (parents, please help count)

#### **HOLIDAY PRACTICE – Nov 21-22**

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

#### **DECEMBER CHAMPIONSHIPS:**

**Meet Entry Forms have gone out via email.** Gulf Age Group Dec 1 – Dec 3 (QTs); Gulf Senior Champs Dec 8 -- Dec 10; Gulf Fall Champs Dec 15 – Dec 17

**WEATHER POLICE** – The weather is turning colder. ALL SWIMMERS must wear shoes, sweats, jackets and hat or hoodie to leave the pool. No exceptions. Hypothermia is a real risk, especially to younger children.