

**POWER NEWS**  
**Nov 9, 2023**

**IMPORTANT DATES:**

**T30 Week – Nov 13 to 16 See schedule, below**

**November 14** – NO PRACTICE due to Taylor Aquatics home meet

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

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

**ORDER YOUR FAMILY T-SHIRTS HERE: <https://forms.gle/YwQJ44CywFLuIdEvS>**

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**\*\*\*IMPORTANT CONDUCT ANNOUNCEMENT \*\*\***

Lately our 12 & Under swimmers on both the competitive team and in Shark School have been roughhousing in the hallway and on the bleachers waiting for their practices to start. Incidents have included hitting, taking personal items, and jumping around on the bleachers. We want our swimmers to enjoy coming to Power, but high spirits are getting out of hand. *Team Codes of Conduct must be followed by all athletes at all times.* This means: No touching other swimmers and especially no hitting, no taking other people's personal, no climbing on the rolled mats in the hallway, no running (the floor is often wet), and no running up and down the bleachers. **On behalf of the staff, we respectfully ask that parents supervise their young swimmers until their practice starts and the coaches take over.**

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**NOVEMBER OPEN at LSST**

**10700 Fry Road, Cypress, TX 77433**

**Meet Program: [1635370\\_1a69afc0-ddc0-460f-9543-ae57753e59cc.pdf \(teamunify.com\)](https://forms.gle/1635370_1a69afc0-ddc0-460f-9543-ae57753e59cc)**

**Arrive 15 minutes before your session warmup. **Wear team caps and shirts.****

**T30s – Week of Nov 13**

**\*\*\*Note: We consider the T30 to be an important training tool. However, if you DO NOT want your child swimming a T30 or T15, please keep them home on their scheduled day and tell me *in writing* so the coaches will not give them a make-up test\*\*\***

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 20 & 21 AFTERNOONS**

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 Monday only; No Shark School

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